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ABSTRACT

Developed through a study of concepts and subconcepts included in a number of instructional materials and evaluated by state education agency personnel and homemaking teachers, this framework is designed to aid the teacher in planning local homemaking programs and in developing local curriculum guides. Vocational home economics in Texas consists of programs for in-school youth and adults. Programs for in-school youth include: (1) sequence courses of Home Economics I-IV, (2) semester courses in child development, consumer education, home and family living, home furnishings, home management, and home nursing, (3) occupational training in home economics related occupations, (4) summer programs, (5) home experiences, and (6) Future Homemakers of America. Programs for adults include organized classes in both homemaking and occupational education and the Young Homemakers of Texas organizations. Following a brief overview of vocational home economics, the remainder of the publication is devoted to the framework which is presented in outline form to show content by scope and sequence for Homemaking I-IV and the semester courses. (SB)

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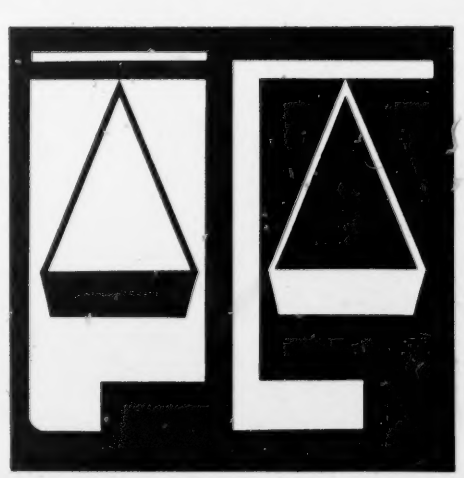
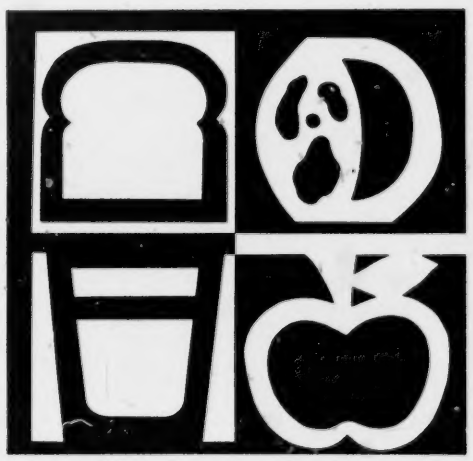
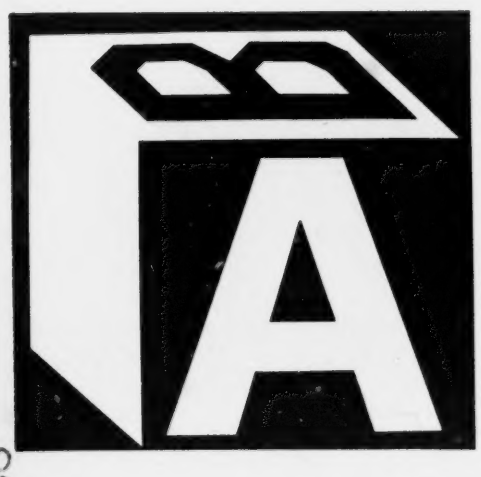
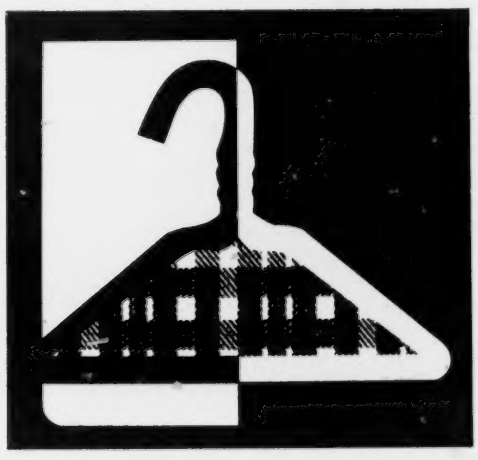
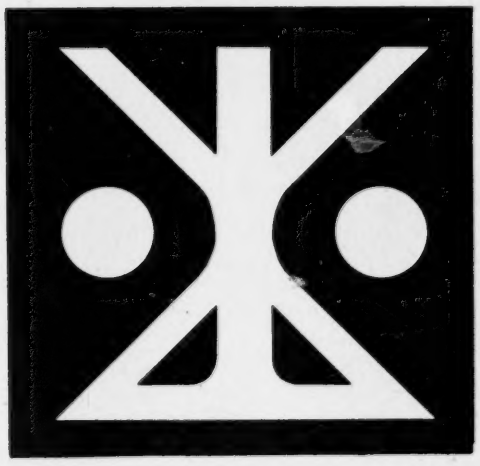
CONCEPTUAL FRAMEWORK for Homemaking Education in Texas











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Homemaking Education
Division of Public School Occupational Programs
Department of Occupational Education and Technology
Texas Education Agency
Austin, Texas

CONCEPTUAL FRAMEWORK
FOR
HOMEMAKING EDUCATION
IN
TEXAS

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PREFACE

The Conceptual Framework for Homemaking Education in Texas has been developed for the purpose of providing (1) guidance to teachers for local program planning and (2) a basis from which subject area guides can be developed to enable homemaking education to meet the challenges of legislation, changes affecting the family, and the new role of homemaking education in the total educational program.

The Framework includes general information regarding homemaking education; a summary of homemaking scope and sequence by level and subject area; and conceptual outlines for Homemaking I, II, III, and IV with detailed suggestions for content and time allocations. Outlines are also included for semester courses in Child Development, Consumer Education, Home and Family Living, Home Furnishings, Home Management, and Home Nursing.

The Framework was developed through a study of the concepts and subconcepts included in curriculum guides from Texas and other states, in current textbooks and teaching materials, and in research. These concepts were first organized into an overall outline by related topics. This outline was used as a guide for preparing a conceptual framework for each of the sequence courses and for the semester courses. Course descriptions for homemaking education developed by the Texas Education Agency and the developmental tasks and characteristics of youth provided the background information for determining the level at which each concept should be taught.

Evaluation of the Conceptual Framework was completed by the staff of Homemaking Education in the Texas Education Agency and by participants in the 1971 State In-Service Education Conference for Homemaking Teachers.

State guides in subject areas are being developed from the Conceptual Framework and will be made available to schools. Each subject area guide will include concepts and subconcepts, generalizations, overall and specific behavioral objectives, suggestions for learning and evaluation experiences, and ways to coordinate the total program through home experiences, home practice, FHA, and community activities for Homemaking I, II, III, and IV, and the semester courses.

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INTRODUCTION

Homemaking education prepares youth and adults for homemaking and for employment in home economics related occupations. The subject areas forming the basis for the discipline of homemaking education are human development and the family, including child development and family living; home management; consumer education, including family economics; clothing and textiles; food and nutrition; and housing.

Homemaking education is assuming an increasingly important role in the total education program because of its relevance in meeting the needs of today's youth who must prepare for both a career-oriented society and the dual responsibility of homemaker and wage earner.

As homemaking education is a family-centered body of knowledge, the social, scientific, technological, and economic changes affecting families have moved the emphasis in program planning from production to family-oriented programs with attention given to consumer education, home management, nutrition, family relations, and child development. This shift of emphasis necessitates placing food and clothing skills into proper perspective within the total homemaking education program.

The Vocational Education Amendments of 1968 presented challenges for vocational homemaking education to emerge from traditional limitations into a new position of relevancy in today's curriculum through programs designed:

To help individuals and families improve home environment and the quality of personal and family life;

To give greater consideration to social and cultural conditions and needs of families;

To encourage preparation for professional leadership in home economics and consumer education;

To prepare youth and adults for the role of homemaker;

To contribute to the employability of youth and adults as they assume the dual role of homemaker-wage earner;

To help all families, including the low income and the disadvantaged families, meet their needs;

To promote nutritional knowledge and food use and the understanding of the economic aspects of food use and purchase.

An overview of the Texas homemaking education program offerings for youth and adults in both homemaking education and gainful employment is shown on the chart on page 5.

Local program offerings, based on needs of the people and community served by the program, will be determined from these available possibilities by school administrators, homemaking teachers, advisory committee members for homemaking education, parents, and students.

The Conceptual Framework is designed to aid the teacher in planning for the local homemaking program and developing local curriculum guides. The Framework is presented in outline form to show content by scope and sequence for Homemaking I, II, III, IV, and the semester courses. However, the Framework will need to be adjusted to meet the local homemaking education offerings. A summary of the homemaking scope and sequence is presented by level and subject areas in the chart on page 3.

Class periods to be devoted to each subject area at each level are presented in ranges to allow for local adaptation and flexibility. In using the scope and sequence, the teacher should stay within each time range for each subject area, and choose periods to total 175 for the year. For example, the teacher might choose to place emphases in Homemaking I as follows:

	Periods
Family Living	20
Home Management and Consumer Education	20
Child Development	25
Housing	25
Food and Nutrition	45
Clothing and Textiles	40
Total Periods	175

SUMMARY
OF
HOMEMAKING SCOPE AND SEQUENCE
BY
LEVEL AND SUBJECT AREA[1]

	SUBJECT AREA	HMK I	HMK II	HMK III	HMK IV	TOTALS	SEMESTER COURSES
I.	Family Living	20-25	20-30	25-35	20-30	85-120	87 or 175
II.	Home Management and Consumer Education	15-20	20-25	25-30	25-35	85-110	87 87
III.	Child Development	20-25	20-25	20-30	20-30	80-120	87
IV.	Housing and Home Furnishings	15-25	20-30	25-30	25-30	85-115	87
V.	Food and Nutrition	40-50	35-45	30-40	30-40	135-175	
VI.	Clothing and Textiles	40-50	35-40	25-35	30-35	130-160	
	PERIODS TO TOTAL	175	175	175	175	700	
	PERIODS FOR LOCAL ADAPTATION	45	45	50	50	190	

[1]Time allocations given in this summary are for the two semester system presently used in Texas schools. A revised Summary of Homemaking Scope and Sequence by Level and Subject Area will be prepared as soon as guidelines for the proposed quarter system are established.

OVERVIEW OF VOCATIONAL HOMEMAKING EDUCATION IN TEXAS

The chart on the opposite page gives an overview of vocational homemaking education in Texas. Programs are provided in two main categories: programs for in-school youth and programs for adults.

Programs for in-school youth include the sequence courses of Homemaking I, II, III, and IV, and semester courses in Child Development, Consumer Education, Home and Family Living, Home Furnishings, Home Management, and Home Nursing. Occupational Training is provided through Home Economics Cooperative Education, Pre-Employment Laboratory Education Programs, and Coordinated Vocational-Academic Education in approved home economics-related occupations or occupational areas. The Summer phase of the homemaking education program and summer school classes provide additionall learning opportunities for in-school youth. Home experiences give youth opportunities to apply at home what was learned in the classroom. FHA (Future Homemakers of America) is a youth organization in which learning and leadership opportunities related to home economics are provided.

Programs for adults include organized classes in both homemaking education and occupational education and the Young Homemakers of Texas organizations.

Additional information relating to several of these programs is given below:

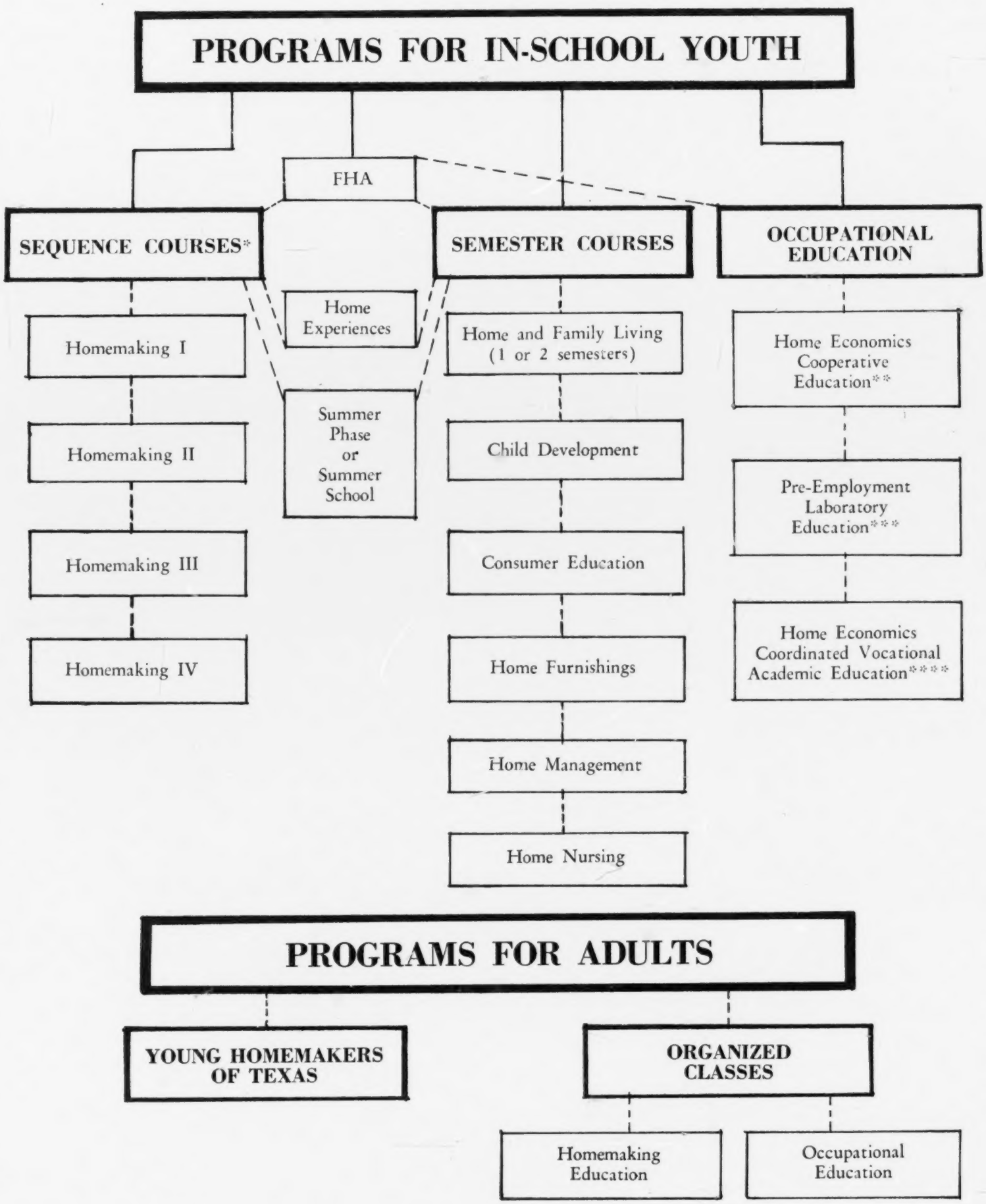
* Sequence Courses include the following subject areas: child development, clothing and textiles, family living, food and nutrition, home management, consumer education, and housing.

** Home Economics Cooperative Education provides preparation for the following approved occupations: food service employee; child care aide; housekeeping management assistant; dietitian aide; clothing assistant; home furnishings aide; companion to the elderly; floral designer; bridal consultant; food caterer; fabric coordinator; and tester of foods, equipment, or textiles.

*** Pre-Employment Laboratory Education provides preparation in the following approved occupational areas: child care, clothing, food service, home furnishings, housekeeping management.

**** Home Economics Coordinated Vocational Academic Education offered in the following approved occupational areas: food service, clothing service, home-community service.

OVERVIEW OF VOCATIONAL HOMEMAKING EDUCATION IN TEXAS



HOMEMAKING I
(9th grade)

PERIODS

I. Family Living.....20-25
   A. Appreciation of Self
      1. Basic needs
         a. Physical
         b. Psychological
         c. Maslow's hierarchy of needs
      2. Personality development
         a. Definition of personality
         b. Perception of influences
      3. Popularity
         a. Definition
         b. Determinants
         c. Price of popularity
      4. Values, standards, goals
         a. Definitions
         b. Development
         c. Identification
   B. Appreciation of Others
      1. Family
         a. Definition
         b. Parent-child relationships
         c. Sibling relationships
         d. Roles in family living
         e. Responsibilities
         f. Recreation
      2. Friends
         a. Establishment
         b. Maintenance
         c. Entertainment
         d. Recreation
      3. Getting along with others
         a. Communication
         b. Empathy
         c. Rights and privileges of self and others
      4. Dates
         a. Types of dating
         b. Age for dating
         c. Physical attractiveness
         d. Dating etiquette
         e. Behavioral codes
         f. Infatuation vs. love
      5. Community
         a. Roles in community living
         b. Respect for occupations
         c. Acceptance for cultures
         d. Laws affecting individuals and families

PERIODS

C. Relating Family Living to Career and Job Opportunities
    1. Entry level job opportunities for teen-agers
        a. Companion
        b. Recreation leader
        c. Other jobs related to family living
    2. Qualities contributing to employability
        a. Pleasing personality
        b. Self-understanding
        c. Interest in people
        d. Maturity
        e. Positive attitude

II. Home Management and Consumer Education.....15-20
    A. Meaning of Management
    B. Elements of Management
        1. Values
            a. Definition
            b. Purposes
            c. Sources
        2. Goals
            a. Definition
            b. Types
        3. Standards
            a. Definition
            b. Types
        4. Interrelatedness of values, goals, and standards
            a. Relationships
            b. Effects on management
        5. Needs and wants
            a. Identification
            b. Establishing priorities
            c. Relationship to values and goals
        6. Resources
            a. Human
            b. Nonhuman
            c. Personal
            d. Family
            e. Community
        7. Use of resources
            a. Conservation
            b. Creation and expansion
            c. Substitution and alternation
            d. Interdependence
            e. Role in goal achievement
    C. Management Procedures
        1. Decision-making
            a. Types of decisions
            b. Steps
            c. Relation to elements of management
            d. Interrelatedness of decisions

PERIODS

2. Decision control
   a. Control of human resources
   b. Control of nonhuman resources
3. Decision evaluation
   a. Relation to goals
   b. Relation to available resources

D. Management in Everyday Living
   1. Managing time and energy
      a. Using time and energy in daily living
      b. Saving time and energy
   2. Organization of personal activities
      a. Self-improvement
      b. Home activities
      c. School activities
      d. Community service
      e. Coordination of activities

E. Managing as a Consumer
   1. Family income
      a. Sources
      b. Uses
      c. Ways of increasing
      d. Sharing family income
   2. Teen-age consumership
      a. Teen-age income
      b. Teen-agers in the marketplace
      c. Spending plans
      d. Shopping practices
      e. Spending evaluation

F. Relating Home Management and Consumer Education to Career and Job Opportunities
   1. Entry level job opportunities for teen-agers
      a. Homemaker's aide
      b. Personal shopper
      c. Other jobs related to home management and consumer education
   2. Qualities contributing to employability
      a. Well-defined values, goals, and standards
      b. Managerial ability
      c. Decision-making ability
      d. Ability to organize personal activities

III. Child Development.....20-25

A. Adolescent Development
   1. Principles of development
      a. Maturation and learning
      b. Predictable patterns
      c. Individual differences
      d. Importance of early development
      e. Developmental stages
   2. Influences on development
      a. Heredity and environment

PERIODS

b. Family
c. Peers
d. Social institutions
e. Mass media

3. Physical development
   a. Body size
   b. Body proportions
   c. Characteristics
4. Intellectual development
   a. Specialization of interest
   b. In-school educational activities
   c. Out-of-school educational activities
   d. Creative activities
5. Emotional development
   a. Parent-child relationships
   b. Sibling relationships
   c. Moods
   d. Worries
   e. Emotional control
6. Moral development
   a. Laws and customs
   b. Role of discipline
7. Personality development
   a. Individuality
   b. Family influences
   c. Social influences
   d. School influences
   e. Levels of adjustment
8. Social development
   a. Coping with antisocial behavior
   b. Puberty changes
   c. Conforming to social expectations
   d. Peer group influence

B. Care and Guidance of Children
   1. Basic needs
      a. Physiological
      b. Safety
      c. Love and belongingness
      d. Esteem
      e. Self-actualization
   2. Baby-sitting
      a. Characteristics of good baby-sitter
      b. Relationships with parents
      c. Relationships with child
      d. Skills in child care
   3. Play and play equipment
      a. Value of play
      b. Characteristics of children's play
      c. Types of play
      d. Toys and play equipment for baby-sitting
      e. Books, music, and art for baby-sitting

PERIODS

4. Health and safety
   a. Health habits
   b. Accident prevention
   c. First aid
   d. Care of children's clothing
5. Children in the family
   a. Individuality
   b. Roles
   c. Exceptional children

C. Relating Child Development to Career and Job Opportunities
1. Entry level job opportunities for teen-agers
   a. Babysitting
   b. Child care aide
   c. Nursery school aide
   d. Other jobs related to child development
2. Qualities contributing to employability
   a. Interest in children
   b. High moral standards
   c. Dependability and responsibility
   d. Empathy
   e. Good physical and emotional health

IV. Housing.....15-25

A. Influences of Housing on the Family
1. Physical
2. Psychological
3. Social
4. Emotional
5. Intellectual
6. Economical

B. Human Factors Influencing Housing
1. Values, goals, and standards
2. Family life cycle
3. Resources
4. Interests and activities
5. Tastes and preferences
6. Aesthetic considerations
7. Needs and wants

C. Space for Family Living
1. Space
   a. Requirements for family activities
   b. Plans for sharing
2. Storage
   a. Principles
   b. Organization
   c. Appropriateness
   d. Convenience

D. Design
1. Importance of design

PERIODS

2. Kinds of design
   a. Structural
   b. Decorative
3. Elements of design
   a. Line
   b. Shape
   c. Space
   d. Texture
   e. Color
   f. Light
4. Principles of design
   a. Proportion
   b. Scale
   c. Rhythm
   d. Balance
   e. Harmony
5. Applying design principles to selection of accessories
   a. Purchase
   b. Use and care

E. Arranging Space for Entertaining and Leisure Time Activities
   1. Furniture arrangement
   2. Arrangement of accessories
   3. Application of design principles
   4. Role of creativity

F. Sharing in Home Management and Maintenance
   1. Routine care
   2. Housekeeping skills and techniques of tasks
      a. Time and energy management
      b. Work simplification
      c. Tools and supplies
   3. Factors affecting difficulty of housekeeping tasks
      a. Planning
      b. Organization
      c. Control
      d. Evaluation
      e. Fatigue and rest
   4. Safety
      a. Common hazards
      b. Use of supplies and equipment
      c. Importance of repairing or discarding potential hazards
   5. Home repairs
   6. Home improvement

G. Relating Housing to Career and Job Opportunities
   1. Entry level job opportunities for teen-agers
      a. Sales person in hobby or gift shop
      b. Assistant in drapery or upholstery shop

PERIODS

c. Assistant to housekeeper
d. Other jobs related to housing

2. Qualities contributing to employability
a. Aesthetic appreciation
b. Sensitivity to design elements and principles
c. Awareness of space relationships
d. Sensitivity to details
e. Creativity

V. Food and Nutrition.....40-50

A. Significance of Food
1. Relationship to health and appearance
2. Social values of food
3. Cultural aspects of food
4. Fads and fallacies
5. Food habits and customs
6. Influence of family values on food patterns

B. Nutrition
1. Basic four food groups as a basis for food choices
2. Nutrients
a. Classification
b. Characteristics
c. Sources
d. Functions
e. Results of deficiency
3. Planning for individual and family nutrition

C. Management and Consumer Aspects of Food and Nutrition
1. Laboratory work areas
a. Kitchen shape
b. Organization
c. Storage
2. Laboratory equipment
a. Identification and use
b. Safety
c. Care
d. Arrangement and storage
3. Sanitation in the kitchen
a. Personal cleanliness
b. Sanitation practices
c. Food-borne diseases
4. Kitchen safety
a. Orderliness
b. Hazards
c. First aid
5. Work simplification
a. Organization
b. Time and energy management
c. Cooperation while working with others
6. Planning food purchases
a. General considerations
b. Shopping list

PERIODS

c. Food cost
d. Shopping etiquette

7. Food storage
a. Shelf
b. Refrigerator
c. Freezer

D. Meal Planning, Serving and Etiquette

1. Sensory variety in meal planning
a. Color
b. Temperature
c. Texture
d. Flavor
e. Form

2. Daily food patterns
a. Breakfast
b. Lunch or supper
c. Dinner
d. Snacks
e. Other patterns

3. Menus for simple family meals
4. Simple menus for special occasions
5. Table setting and service
a. Art principles
b. Table decorations
c. Mealtime procedures

6. Table manners
a. Considerations for others
b. Efficiency
c. Principles and rules

E. Food Preparation

1. Measurements and equivalents
2. Cookery terms and methods
3. Handling of food
4. Recipe use
a. Reading and understanding
b. Ingredients
c. Alteration
d. Choice of equipment
e. Organization of activities
f. Evaluation of results

5. Preparing and serving simple family meals
6. Preparing and serving simple foods for special occasions

F. Relating Food and Nutrition to Career and Job Opportunities

1. Entry level job opportunities for teen-agers
a. Waiter or waitress
b. Short order cook
c. Personal shopper for food
d. Other jobs related to food and nutrition

PERIODS

2. Qualities contributing to employability
    a. Good health
    b. Normal weight
    c. Good sensory perception
    d. Physical fitness

VI. Clothing and Textiles.....40-50

A. Significance of Clothing
    1. Functions of clothing
        a. Physical protection
        b. Adornment
        c. Conveying status
        d. Group identification
        e. Role identification
        f. Sex identification
        g. Portraying ritual symbolism
        h. Self-expression
    2. Social aspects of clothing
        a. Group acceptance
        b. Communication role
        c. Personal adjustment
        d. First impressions
    3. Psychological aspects of clothing
        a. Basic need gratification
        b. Self-concept
        c. Conveying emotions through dress
        d. Expression of personality
        e. Clothing values

B. Design in Clothing
    1. Kinds of design
        a. Structural
        b. Decorative
    2. Elements of design
        a. Line
        b. Space
        c. Shape
        d. Form
        e. Texture
        f. Color
    3. Principles of design
        a. Balance
        b. Proportion
        c. Rhythm
        d. Emphasis
        e. Harmony

C. Management and Consumer Aspects of Clothing
    1. Clothing selection for the individual
        a. Personality characteristics
        b. Figure characteristics
        c. Personal coloring

d. Physical features
e. Fads, fashions, and styles

2. Wardrobe planning
   a. Factors influencing wardrobe requirements
   b. Characteristics of a well-planned wardrobe
   c. Clothing inventory
   d. Planning basic garments
   e. Use of basic color in planning
   f. Accessorizing
   g. Clothing decisions
   h. Clothing budget
3. Clothing and fabric buymanship
   a. General shopping guides
   b. Standards for buying
   c. Sources of information
   d. Comparative shopping
4. Clothing care
   a. Care routines
   b. Storage of clothing
   c. Mending, alterations, and renovation
   d. Laundry and stain removal
5. Grooming
   a. Effect of attitudes and values
   b. Effect of social change
   c. Health habits
   d. Cleanliness
   e. Posture
   f. Poise
   g. Face
   h. Hair
   i. Body
   j. Hands and feet
6. Sewing equipment
   a. Selecting
   b. Use
   c. Care

D. Construction of a Simple Garment
   1. Patterns
      a. Selection
      b. Determining pattern size
      c. Interpreting information
   2. Fabrics and notions
      a. Fibers
      b. Woven fabrics
      c. Design suitability
      d. Selection for pattern
      e. Grain
      f. Shrinking
      g. Handling
      h. Selection of notions

PERIODS

3. Pattern use
   a. Parts
   b. Terms
   c. Preparation
   d. Fitting and altering
   e. Placement
   f. Cutting
   g. Marking
4. Management in construction
   a. Construction terms
   b. Unit construction
   c. Organization of work
   d. Standards
   e. Safety
5. Basic construction techniques
   a. Stitching
   b. Basting
   c. Seams and seam finishes
   d. Edge finishes
   e. Manipulating fullness
   f. Necklines and simple collars
   g. Armholes and simple sleeves
   h. Waistlines and waistbands
   i. Hems
   j. Closings
   k. Trimming details
6. Fitting
   a. Principles of fitting
   b. Causes of poor fit
   c. Fitting procedures
   d. Fittings during construction
7. Pressing
   a. Equipment
   b. Techniques
   c. Times to press during construction
   d. Final pressing

E. Relating Clothing and Textiles to Career and Job Opportunities
   1. Entry level job opportunities for teen-agers
      a. Sales person
      b. Alteration assistant
      c. Laundry attendant
      d. Other jobs related to clothing and textiles
   2. Qualities contributing to employability
      a. Attractive appearance
      b. Aesthetic appreciation
      c. Sensitivity to principles of design
      d. Creativity

PERIODS TO TOTAL 175

HOMEMAKING II
(10th grade)

PERIODS

I. Family Living.....20-30
   A. Appreciation of Self
      1. Character development
         a. Definition of character
         b. Stages
      2. Maturity
         a. Definition
         b. Types
         c. Mature responses
   B. Self in Groups
      1. Family
         a. Roles and relationships in meeting personal needs
         b. Adjustments to changes within the family
      2. Friends
         a. Development of self-assurance
         b. Acceptance of responsibility
         c. Popularity
      3. Techniques for relating to others
         a. Group dynamics
         b. Perception
   C. Self in the Future
      1. Love relationships
         a. Definitions
         b. Stages of love
         c. Behavior codes and mores in dating
      2. Building successful dating relationships
         a. Dating patterns
         b. Peer influence
         c. Parental influence
         d. Physical attractiveness
         e. Social competence
         f. Personality needs of self in relation to others
         g. Commonalities of others that complement self
   D. Relating Family Living to Career and Job Opportunities
      1. Semiprofessional or skilled job opportunities
         a. Teacher's aide
         b. Child care aide
         c. Home health aide
      2. Skills and competencies needed
         a. Ability to relate effectively to others
         b. Ability to accept responsibility
         c. Ethical behavior on the job

II. Home Management and Consumer Education.....20-25
   A. Decision-making in Management
      1. Role of decisions in living
      2. Relationship to management

PERIODS

3. Elements of decisions
   a. Goals to be achieved
   b. Resources available
   c. Alternatives for decisions
4. Types of decisions
   a. Personal
   b. Group
5. Influences on decisions
   a. Amount and availibility of resources
   b. Time
   c. Past experiences
   d. Information
   e. Effect of goals upon self and others

B. Relationship of Decision-making to Family Living
   1. Utilization of resources
      a. Individual resources
      b. Family resources
   2. Interaction of individual and family goals
      a. Individual and family goals
      b. Establishing goal priorities

C. Managing Household Tasks
   1. Analysis of tasks necessary for quality family living
      a. Family activities
      b. Roles of family members
      c. Priority of tasks
   2. Resources used for homemaking tasks
      a. Energy
      b. Time
      c. Money
   3. Organization of household tasks
      a. Organization of personal activities
      b. Organization of activities of family members
      c. Organization of possessions
      d. Organization of work areas
      e. Organization for safety
   4. Task management
      a. Role of manager
      b. Task-centered management
      c. Person-centered management

D. Managing Money
   1. Family income
   2. Family spending plans
   3. Types of saving

E. Consumer Decisions
   1. Buying in relation to goals
   2. Sources of information for consumers
   3. Influences on buying
   4. Comparative shopping
   5. Method of payment
   6. Effect of consumer practices on market prices

PERIODS

F. Relating Home Management and Consumer Education to Career and Job Opportunities
    1. Semiprofessional or skilled job opportunities
        a. Housekeeping management assistant
        b. Visiting homemaker
        c. Maid
    2. Skills and competencies needed
        a. Ability to use resources creatively
        b. Ability to use managerial procedures
        c. Efficient use of time and energy
        d. Competence as a consumer

III. Child Development.....20-25
A. Development of the Young Child
    1. Principles of development
        a. Maturation and learning
        b. Predictable patterns
        c. Individual differences
        d. Importance of early development
        e. Developmental stages
    2. Influences on development
        a. Heredity and environment
        b. Family
        c. Peers
        d. Social institutions
        e. Mass media
    3. Physical development
        a. Body size and proportions
        b. Bones and teeth
        c. Muscles and fat
        d. Nervous system
        e. Growth cycles
        f. Motor development
    4. Intellectual development
        a. Influencing factors
        b. Concept development
        c. Language development
        d. Imagination and creativity
        e. Encouraging learning
    5. Emotional development
        a. Role of maturation and learning
        b. Characteristics of children's emotions
        c. Emotional patterns
        d. Emotional control
        e. Emotional deprivation
    6. Moral development
        a. Role of conscience
        b. Guilt and shame
        c. Learning morality
        d. Factors influencing
        e. Discipline and guidance

PERIODS

7. Personality development
   a. Personality components
   b. Determinants of personality
   c. Development of personality patterns
   d. Critical periods in personality development
   e. Individuality
8. Social development
   a. Factors influencing
   b. Process of learning
   c. Importance of early social experiences
   d. Behavioral patterns
   e. Companions and friends
   f. Social acceptance
   g. Leaders and followers
9. Play and play equipment
   a. Selecting toys and play equipment
   b. Selecting books, music, and art

B. Care and Guidance of the Young Child
1. Privileges and responsibilities for young children
   a. Home
   b. Elsewhere
2. Food
   a. Nutritional needs
   b. Planning meals for children
   c. Emotional aspects
   d. Mealtime environment
   e. Consumer aspects
3. Clothing
   a. Physical needs
   b. Social and emotional aspects
   c. Dressing
   d. Clothing selection
   e. Wardrobe planning
   f. Clothing budget
   g. Consumer buying
4. Housing
   a. Privacy
   b. Safety
   c. Space for children's activities
   d. Furnishings
   e. Consumer aspects
5. Health and safety
   a. Health habits
   b. Professional medical care
   c. Childhood illnesses
   d. Caring for the sick child
   e. Emergencies
   f. Care of children's clothing
6. Guidance and discipline
   a. Principles of guidance

PERIODS

b. Principles of discipline
c. Areas of application
d. Respect for individual differences

7. Management
   a. Daily routines
   b. Time and energy
   c. Money
8. Children with special needs
   a. Physically handicapped
   b. Emotionally handicapped
   c. Mentally handicapped
   d. Intellectually handicapped
   e. Gifted child

C. Community Child Care Services
   1. Types
   2. Laws and regulations
   3. Observation
   4. Evaluation
   5. Preparation of child
   6. Effects on child

D. Relating Child Development to Career and Job Opportunities
   1. Semiprofessional or skilled job opportunities
      a. Teacher's aide
      b. Sitter service
      c. Nursemaid
   2. Skills and competencies needed
      a. Understanding of principles of development
      b. Understanding of basic needs of children
      c. Knowledge of accident prevention and first aid
      d. Creativity
      e. Ability to appeal to children

IV. Housing.....20-30

A. Functions of Housing
   1. Protection
   2. Headquarters
   3. Privacy
   4. Self-expression

B. Factors Influencing Housing Needs
   1. Human factors
      a. Values, goals, and standards
      b. Family life cycle
      c. Interests and activities
      d. Tastes and preferences
      e. Aesthetic considerations
      f. Resources
      g. Family relationships
   2. Environmental factors
      a. Economic
      b. Cultural

PERIODS

c. Availability
3. Special requirements
a. Handicaps
b. Elderly
c. Others

C. Housing the Family
1. Types of housing
a. House
b. Apartment
c. Duplex and multiplex units
d. Row house
e. Condominiums and cooperatives
f. Mobile homes
g. Sharing a house
2. Evaluation of living space and areas
a. Space
b. Zoning
c. Circulation
d. Storage
e. Appearance
3. Consumer concerns
a. Cost of housing
b. Operation and maintenance

D. Interior Decoration
1. Room plans
a. Walls, ceilings and floors
b. Windows and window treatments
c. Lighting
d. Special room areas
e. Long-term plans
2. Furniture
a. Selection
b. Arrangement
c. Care
3. Accessories
a. Selection and care
b. Arrangement

E. Managing Storage and Work Areas
1. Storage
a. Principles
b. Needs and types
c. Organization plans
d. Storage devices
e. Location of storage
2. Equipment
a. Needs and types
b. Selection
c. Use
d. Care
e. Safety
f. Repair and improvision

PERIODS

3. Planning work areas
    a. Kitchen
    b. Laundry area
    c. Sewing area
    d. Hobby areas
    e. Bathroom
    f. Dual purpose rooms

F. Home Renovation and Remodeling
    1. Principles
    2. Planning
    3. Determining costs

G. Relating Housing to Career and Job Opportunities
    1. Semiprofessional or skilled job opportunities
        a. Sales person
        b. Floral designer
        c. Upholstery cleaner
        d. Furniture refinisher
        e. Constructor of household items
        f. Landscape gardner
    2. Skills and competencies needed
        a. Understanding of families' space needs
        b. Ability to use elements and principles of design
        c. Knowledge of interior design
        d. Ability to plan efficient storage and work areas
        e. Knowledge of textiles
        f. Ability to evaluate housing

V. Food and Nutrition.....35-45
    A. Factors Affecting Family Food and Health
        1. Family food needs
        2. Food habits
        3. Family health
        4. Food patterns of various cultures
        5. Special food requirements
            a. Children
            b. Aged
            c. Special diets
    B. Kitchen Planning and Management
        1. Work areas
            a. Storage facilities
            b. Arrangement and organization
        2. Dining areas
            a. Storage facilities
            b. Arrangement and organization
        3. Small kitchen equipment
            a. Selection
            b. Use
            c. Care
        4. Task organization

PERIODS

C. Consumer Competence
   1. Buying plans
      a. General considerations
      b. Shopping list
      c. Organization
      d. Needs related to quantity, quality and style
      e. Use of advertisements and specials
      f. Seasonal foods
   2. Shopping
      a. Food state and form
      b. Quality and grades
      c. Food additives and substitutes
      d. Packaging
      e. Time of day and week
      f. Type store
      g. Advertising and specials
      h. Trading stamps and premiums
   3. Consumer protection
      a. Agencies
      b. Legislation
      c. Consumer interest groups
      d. Self-protection
   4. Consumer responsibilities
      a. Comparison shopping
      b. Food processing safety
      c. Fortification and additives
      d. USDA standards and policies
      e. Control of food-borne diseases

D. Family Meal Planning and Management
   1. Factors involved in planning
      a. Nutritional needs of family members
      b. Family values and goals
      c. Food habits
      d. Acceptability of foods
      e. Social, cultural, and economic influences
      f. Time and energy
      g. Equipment available
      h. Availability of foods
      i. Ability of homemaker
      j. Sensory variety
      k. Daily food patterns
   2. Weekly menu plan
   3. Preparing meals
      a. Using resources effectively
      b. Using time effectively
      c. Using energy effectively
      d. Work simplification
      e. Improvising equipment
      f. Satisfying family values and goals

PERIODS

4. Serving meals
   a. Table setting
   b. Food placement
   c. Food service
   d. Removal of food and dishes
5. Evaluating meals
   a. Sensory variety
   b. Quality
6. Food preservation
   a. Commercial
   b. Home

E. Relating Food and Nutrition to Career and Job Opportunities
   1. Semiprofessional or skilled job opportunities
      a. Food service employee
      b. Dietitian's aide
      c. Baker
      d. Food products tester
   2. Skills and competencies needed
      a. Knowledge of nutritional requirements
      b. Skill in food preparation
      c. Creativity and artistic ability
      d. Sanitary practices in care and handling of food
      e. Knowledge of meal time procedures and table manners
      f. Ability to plan menus
      g. Skill in food buying

VI. Clothing and Textiles.....35-40
   A. Management and Consumer Aspects of Clothing
      1. Individual and family clothing decisions
         a. Influencing factors
         b. Decision-making process
      2. Wardrobe planning
         a. Resources available
         b. Clothing budget
         c. Buying skills
      3. Clothing care
         a. Related home tasks
         b. Factors determining care required
         c. Laundry procedures
         d. Use and care of laundry equipment and aids
         e. Dry cleaning
         f. Safety habits
      4. Grooming and clothing selection
         a. Expressing individuality
         b. Using elements and principles of design
         c. Roles of values and judgement
         d. Trends and fashions

PERIODS

B. Skills in Clothing Construction and Accessories
   1. Patterns
      a. Selection
      b. Application of pattern information
   2. Fabrics and notions
      a. Selection for pattern
      b. Knitted and special fabrics
      c. Working with designs
      d. Use of label information
      e. Chemical and physical characteristics affecting construction and care
      f. Fabric preparation
   3. Pattern use
      a. Fitting and alteration for special problems
      b. Placement for matching designs
      c. Using marking aids
   4. Management in construction
      a. Advanced construction terms
      b. Organization of work
      c. Standard setting
   5. Construction techniques
      a. Standards for stitching
      b. Choice of seams and seam finishes
      c. Edge finishes
      d. Collar techniques
      e. Sleeve techniques
      f. Interfacings
      g. Linings
   6. Fitting techniques
   7. Pressing techniques

C. Clothing for Children
   1. Characteristics
      a. Freedom for movement
      b. Durability
      c. Ease of care
      d. Appropriateness for weather
      e. Suitable weight
      f. Promotion of good posture
      g. Self-help features
   2. Selection
      a. Desirable characteristics
      b. Self-help features
      c. Children's preferences
      d. Clothing cost
   3. Construction process
      a. Sturdy workmanship
      b. Allowance for growth
      c. Appropriate seam finishes
      d. Appropriate fasteners

	PERIODS
D. Relating Clothing and Textiles to Career and Job Opportunities	
1. Semiprofessional or skilled job opportunities	
a. Cosmetologist	
b. Alterationist	
c. Industrial seamstress	
d. Clothing repair specialist	
e. Laundryman or drycleaner	
f. Bridal consultant	
2. Skills and competencies needed	
a. Ability to apply elements and principles of design	
b. Understanding of clothing selection for the individual throughout the life cycle	
c. Knowledge of textiles	
d. Ability to care for clothing properly	
e. Skill in clothing construction and alteration	
f. Skill in clothing purchase	
g. Knowledge of the clothing industry	
h. Creativity in designing fashions	
PERIODS TO TOTAL	175

HOMEMAKING III
(11th-12th grade)

PERIODS

I. Family Living.....25-35
   A. Appreciation of Self
      1. Self theory
         a. Personal self
         b. Social self
         c. Ideal self
         d. Personal integration
      2. Developing a personal philosophy of life
   B. Self in Groups
      1. Family
         a. Types
         b. Functions
         c. Life cycle
         d. Interaction
         e. Values, standards, goals
      2. Community
         a. Neighbors and friends
         b. Employer-employee relations
         c. Citizenship responsibilities
   C. Self in the Future
      1. Love relationships
         a. Infatuation
         b. Mature love
         c. Behavior codes and mores in dating and engagement
      2. Preparation for successful relationships in marriage
         a. Factors in mate selection
         b. Role of engagement
      3. Preparation for successful relationships as an individual
         a. Developing close friendships
         b. Maintaining close friendships
         c. Relating to older adults
   D. Relating Family Living to Career and Job Opportunities
      1. Opportunities for employment
         a. Social worker
         b. Marriage counselor
         c. Homemaking teacher
         d. Extension worker
         e. Minister
      2. Educational preparation
         a. For employment
         b. For advancement
         c. For creativity and/or personal satisfaction

II. Home Management and Consumer Education.....25-30
   A. Management in the Home
      1. Management patterns throughout the family life cycle
         a. Identification of family values and goals

PERIODS

b. Influence of family life cycle on family values and goals
c. Assessment of family resources
d. Achievement of family goals through managerial practices

2. Influences on family management practices
   a. Societal influence
   b. Environmental influence
   c. Economic influence
3. Roles of family members in management
   a. Task distribution within the family
   b. Multiple roles of family members
   c. Individual development related to family management
   d. Influences of attitude and motivation on management
4. Community resources related to family management
   a. Availability
   b. Use
   c. Conservation
   d. Interdependency of home and community in management

B. Expanding the Role of Consumership
1. Determining life style
   a. Standard of living
   b. Level of living
2. Determining family income
   a. Real
   b. Psychic
3. Planning family finances
   a. Reasons for planning
   b. Consideration of needs and wants
   c. Comparison of expenses and income
   d. Development of a spending plan
   e. Use of a spending plan
4. Keeping family records needed for management
   a. Types of records necessary
   b. Procedure for keeping important records
5. Buying to meet family needs
   a. Health
   b. Personal enrichment
   c. Education
   d. Leisure and entertainment
   e. Transportation
   f. Gifts
6. Achieving financial security
   a. Savings
   b. Insurance (life, health, possessions)
   c. Tax management
   d. Investments

PERIODS

e. Wills and estates
f. Social security
g. Retirement plans

7. Using bank services
   a. Checking accounts
   b. Savings accounts
   c. Loans
8. Using credit
   a. Sources and types
   b. Credit costs
   c. Guidelines for use
   d. Effects of using
9. Accepting consumer responsibilities as a citizen
   a. Using consumer rights and responsibilities
   b. Applying laws and agencies serving the consumer
   c. Coping with fraud, deception, and quackery

C. Relating Home Management and Consumer Education to Career and Job Opportunities

1. Opportunities for employment
   a. Management or consumer consultant
   b. Family budget counselor
   c. Home service representative
   d. Researcher
2. Educational preparation
   a. For employment
   b. For advancement
   c. For creativity and/or personal satisfaction

III. Child Development.....20-30

A. Infant Development

1. Principles of development
   a. Maturation and learning
   b. Predictable pattern
   c. Individual differences
   d. Importance of early development
   e. Characteristic traits of each stage
2. Influences on development
   a. Heredity and environment
   b. Family role
   c. Use of drugs
3. Physical and motor development
   a. Prenatal
   b. First year
4. Intellectual development
   a. Factors influencing
   b. Concept development
   c. Prespeech communication
5. Emotional development
   a. Role of maturation and learning
   b. Characteristics of infant's emotions

c. Emotional deprivation
6. Determinants of personality
7. Beginnings of social development
8. Play and play equipment
   a. Characteristics of infant's play
   b. Toys and play equipment

B. Prenatal and Postnatal Care
1. Role of mother and father
2. Medical care
3. Physical development and care
4. Financial aspects
5. Housing considerations
6. Clothing provision

C. Care of the Infant
1. Food
   a. Nutritional needs
   b. Emotional aspects
   c. Feeding
   d. Consumer considerations
2. Clothing
   a. Physical needs
   b. Dressing
   c. Clothing selection
   d. Layette
   e. Additions during first year
   f. Consumer buying
   g. Care of clothing
3. Housing
   a. Safety
   b. Infant care activities
   c. Furnishing the nursery
   d. Consumer considerations
4. Health and safety
   a. Health needs
   b. Professional medical care
   c. Preventive health care
   d. Recognizing illness
   e. Caring for the sick baby
   f. Caring for handicapped child
   g. Emergencies
5. Management to meet family needs
   a. Daily routines
   b. Time and energy
   c. Money
   d. Equipment

D. Community Child Care Services
1. Types
2. Laws and regulations
3. Observation
4. Evaluation

PERIODS

5. Preparation of child
6. Effects on child

E. Relating Child Development to Career and Job Opportunities
1. Opportunities for employment
a. Teacher
b. Toy designer
c. House mother
d. Child therapist
2. Educational preparation
a. For employment
b. For advancement
c. For creativity and/or personal satisfaction

IV. Housing.....25-30

A. Factors Influencing Housing
1. Housing needs throughout the family life cycle
a. Beginning
b. Expanding
c. Contracting
d. Later years
2. Environmental factors
a. Climatic
b. Social
c. Economic
d. Cultural
e. Physical
f. Technological
g. Political
h. Availability
3. Cost of housing
a. Financing
b. Taxes
c. Insurance
d. Upkeep and repair

B. Housing the Family
1. History and trends
2. Housing decisions
a. Family requirements
b. Available housing
3. Evaluation in terms of family needs
a. Housing sites
b. Floor plans
c. Health and safety
4. Legal aspects
a. Renting
b. Buying
c. Building
d. Home repair
5. Architectural design

PERIODS

a. Role of the architect
b. Styles of architecture
c. Art principles
d. Honesty in design
e. Social and cultural aspects
f. Fads
g. Contemporary architects
h. Evaluation

C. Consumer Education for Selecting and Purchasing Home Furnishings and Equipment
1. Household textiles
a. Fibers, yarns, fabrics and finishes
b. Non-textiles
c. Characteristics
d. Curtains and draperies
e. Slip covers and upholstery
f. Household linens
2. Comparative shopping
3. Furniture selection
a. Design
b. Construction
c. Functions
d. Styles
e. Trends
f. Renovation and improvision
4. Selection of wall and floor coverings
5. Selection of window treatments
6. Selection of accessories
7. Equipment selection
8. Provisions for family health and safety

D. Home Maintenance
1. Community responsibilities
2. Family responsibilities
3. Sources of information
4. Health and safety considerations

E. Relating Housing to Career and Job Opportunities
1. Opportunities for employment
a. Landscape designer
b. Interior decorator
c. Home lighting advisor
d. Moving consultant
e. Kitchen designer
f. Upholsterer
g. Museum worker
h. Architect
2. Educational preparation
a. For employment
b. For advancement
c. For creativity and/or personal satisfaction

PERIODS

V. Food and Nutrition.....30-40
- A. Significance of Food
  - 1. Cultural values of food
    - a. Food heritage
    - b. Historic influences
  - 2. Social values of food
  - 3. Aesthetic values of food
  - 4. Technology and food trends
  - 5. Food in the future
- B. Factors Affecting Consumer Food Buying
  - 1. Advertising
    - a. Using advertisements
    - b. Effects on buying practices
    - c. Fallacies
  - 2. Consumer management
    - a. Effect of businesses
    - b. Effect of government agencies
    - c. Effect of industrial developments
  - 3. Resource use
    - a. Household production
    - b. Food conservation
- C. Kitchen Planning and Management
  - 1. Work areas
    - a. Arranging
    - b. Evaluating
  - 2. Major equipment
    - a. Selection
    - b. Use
    - c. Care
    - d. Service and repair
    - e. Cost
  - 3. Storage
    - a. Space saving arrangements
    - b. Storage devices
  - 4. Safety practices
- D. Nutrition
  - 1. Digestion, absorption, and utilization
    - a. Optimum level of nutrition
    - b. Effects of food habits
    - c. Modifying food habits
    - d. Animal experiments
  - 2. Energy needs of the body
    - a. Maintenance and growth
    - b. Gaining or losing weight
  - 3. Chemical and physical properties of foods
  - 4. Reliable sources of information
- E. Meal Planning and Management
  - 1. Scientific and creative aspects of meals
    - a. Planning
    - b. Preparing
    - c. Serving

PERIODS

2. Foods to meet special needs
    a. Pregnancy
    b. Lactation
    c. Illness
    d. Aging
3. Methods of food conservation
4. Methods of food preservation
5. Food for special occasions

F. Relating Food and Nutrition to Career and Job Opportunities
1. Opportunities for employment
    a. Dietitian
    b. Food researcher
    c. Food and equipment demonstrator
    d. Food chemist
    e. Chef
    f. Food service manager
    g. Home service representative
    h. Writer
2. Educational preparation
    a. For employment
    b. For advancement
    c. For creativity and/or personal satisfaction

VI. Clothing and Textiles.....25-30

A. Factors Influencing Family Clothing Decisions
1. Resources
2. Needs and wants
3. Family composition
4. Stage in family life cycle
    a. Beginning
    b. Expanding
    c. Contracting
    d. Later years
5. Social aspects
6. Life styles
7. Cultural aspects
8. Mobility
9. Climatic conditions
10. Care required

B. Management and Consumer Aspects of Family Clothing
1. Family clothing budget
2. Shopping skills
3. Advertising and labeling
4. Sources of information
5. Standards for buying
    a. Fabrics
    b. Fabric finishes
    c. Garment construction
    d. Evaluating quality

C. Clothing and Textiles in the Economy
1. Clothing industry
    a. Ready-to-wear

PERIODS

b. Piece goods
c. Patterns and notions
d. Apparel trade
e. Advertising
f. Personal services

2. Fabric consumption
3. Family clothing expenditures

D. Textiles
1. Fiber characteristics
a. Natural
b. Manmade
c. Blends
2. Yarn structure
3. Fabric construction
a. Woven
b. Knitted
c. Nonwoven
4. Fabric finishes
a. Shrinkage control
b. Appearance
c. Ease of care
d. Other
5. Dyeing and printing
a. Types of dyeing
b. Types of printing
c. Types of color
d. Color fastness
6. Design
7. Labels
a. Brands
b. Label information
c. Interpreting labels

E. Advanced Clothing Construction
1. Fashion design
a. ATteration
b. Creativity and artistic expression
c. Decorative sewing
d. Originality
2. Major pattern alterations
3. Advanced construction techniques
a. Interfacing
b. Underlining
c. Lining
d. Trimming
4. Professional processes
a. Alteration
b. Maintenance

F. Relating Clothing and Textiles to Career and Job Opportunities

	PERIODS
1. Opportunities for employment	
a. Model	
b. Textile research	
c. Clothing designer	
d. Pattern maker	
e. Fashion photographer	
f. Educational representative	
g. Fashion merchandiser or retailer	
h. Museum curator	
2. Educational preparation	
a. For employment	
b. For advancement	
c. For creativity and/or personal satisfaction	
PERIODS TO TOTAL	175

HOMEMAKING IV
(12th grade)

PERIODS

I. Family Living.....20-30
   A. Self in the Future
      1. Love relationships
         a. Behavior codes and mores in engagement and marriage
         b. Interrelationships of love
      2. Preparation for successful relationships in marriage
         a. Factors in mate selection
         b. Role of laws and customs
      3. Preparation for successful relationships as a single person
         a. Persons who choose not to marry
         b. Society's view of the single person
         c. Adjustments to being single
         d. Commonalities of others that complement self
   B. Self in the Community
      1. Successful marriages
         a. Family structures and patterns
         b. Characteristics
         c. Contributing factors
         d. Adjusting to marriage
         e. Resolving conflict
         f. Evaluating marital success
         g. Stability and success of community
         h. Community resources
      2. Successful parenthood
         a. Preparation for parenthood
         b. One-parent families
         c. Adoption
         d. Role of children in the family
         e. Quality of family life
         f. Family routines
         g. Child care and guidance
         h. Community influences
      3. Coping with family stresses and crises
         a. Definitions
         b. Types of stresses and crises
         c. Family and community resources
         d. Effect on community
      4. Family in the social structure
         a. Citizenship responsibilities
         b. Ecological responsibilities
         c. Social life
         d. Leisure time
         e. Community services available to the family

PERIODS

5. Culture and the family
   a. Effects of culture on the family
   b. Society's influences
   c. Family contributions to preservation of culture
6. Impact of change
   a. Social-psychological change
   b. Technological change
   c. Ecological change
   d. Adapting to change

C. Relating Family Living to Career and Job Opportunities
1. Dual roles
   a. Cooperation of family members
   b. Maintenance of satisfactory family relationships
   c. Personal and social adjustments
2. Interrelationship of employment and home life
   a. Reasons for seeking employment
   b. Effects of employment on family relationships
   c. Effects of family relationships on employment

II. Home Management and Consumer Education.....25-30

A. Becoming Independent and Mature Managers
1. Achieving independence and maturity
   a. Emotional
   b. Social
2. Effects of management on enrichment of living
   a. Personal
   b. Marital
   c. Family
   d. Societal
3. Quality of management
   a. Related to values
   b. Related to management practices
4. Application of managerial principles
   a. In housing
   b. In food and nutrition
   c. In family relationships
   d. In clothing and textiles
   e. In child development

B. Becoming Independent and Mature Consumers
1. The consumer in the national economy
   a. Basic principles of the economic system
   b. Role of the consumer
   c. Economic force of the family
2. The role of government in family finances
   a. Assistance programs
   b. Taxes
   c. Laws and consumer protection
3. Credit as a family resource
   a. Advantages and disadvantages
   b. Credit agreements and contracts

PERIODS

c. Credit laws

C. Relating Home Management and Consumer Education to Career and Job Opportunities

1. Dual roles
   a. Evaluation of values, goals, and standards
   b. Assessment of resource use
   c. Identification of needs and wants
   d. Goal achievement
   e. Managerial skills of family members
   f. Management of earnings
2. Interrelationship of employment and home life
   a. Management problems related to employment
   b. Effects of employment on home management
   c. Effects of home management on job efficiency

III. Child Development.....20-30

A. Quest Activities in Human Development

1. Intellectual development
   a. Observing a child's concepts of the world
   b. Parents' role
   c. Encouraging learning
2. Emotional development
   a. Observing a child's emotions
   b. Parents' role
3. Personality development
   a. Observing a child's personality
   b. Parents' role
4. Social development
   a. Observing a child's social behavior
   b. Parents' role
5. Play and play equipment
   a. Designing creative play equipment
   b. Evaluating play equipment available in community
   c. Directing children's play activities

B. Care and Guidance of Children

1. Food
   a. Planning and preparing creative meals and snacks
   b. Teaching with food
   c. Food costs
2. Clothing
   a. Designing and selecting clothes that teach
   b. Selecting or making clothes for a child
   c. Clothing costs
3. Housing
   a. Planning creative housing
   b. Designing and selecting furnishings
   c. Housing and furnishing costs

PERIODS

4. Management and consumer education
   a. Daily routines in families of various sizes
   b. Effect of time and energy management on family relationships
   c. Costs involved in child rearing
   d. Plans for meeting emergencies

C. Role of the Community
   1. Health
   2. Safety
   3. Education
   4. Recreation
   5. Child care services
   6. Laws and regulations

D. Relating Child Development to Career and Job Opportunities
   1. Dual roles
      a. Selection of child care facilities
      b. Relationship of responsibilities to capabilities of child
      c. Maintenance of meaningful relationships with child
   2. Interrelationship of employment and home life
      a. Child care problems of employed mothers
      b. Effects of parents' employment on child
      c. Effects of children on employment

IV. Housing.....25-30

A. Factors Influencing Changes in Housing Requirements
   1. Family life cycle
   2. Environmental factors
      a. Climatic
      b. Social
      c. Economic
      d. Cultural
      e. Physical
      f. Technological
      g. Availability
      h. Political
   3. Space requirements and organization
   4. Structural design
   5. Location
   6. Storage facilities
      a. Number
      b. Kind
      c. Location
   7. Work simplification

B. Factors Influencing Housing Form and Use
   1. Self-expression
   2. Beauty
   3. Individuals and family
      a. Needs and wants

PERIODS

- b. Values and goals
- c. Attitudes
- d. Physical and mental skills

4. Science and technology
5. Policies and programs affecting communities
   - a. Federal
   - b. State
   - c. Local

C. Managing Family Housing

1. Effect of life cycles
   - a. Individual
   - b. Family
2. Provision of housing
   - a. Designing
   - b. Selecting
   - c. Building
   - d. Furnishing
   - e. Equipping
   - f. Managing
   - g. Maintaining
   - h. Landscaping
3. Housing maintenance and repair
   - a. Home repairs
   - b. Furniture finishing and renovation
   - c. Curtains, draperies, and slip covers

D. Consumer Education in Housing and Home Furnishings

1. Housing costs
   - a. Financing
   - b. Care
   - c. Maintenance
   - d. Improvement
   - e. Moving
2. Buying practices
3. Consumer selection, use, and care
   - a. Labor saving equipment
   - b. Floor coverings
   - c. Furniture
   - d. Household textiles
   - e. Tableware

E. Housing in the Future

1. Effect of population
2. Effect of pollution
3. Role of technological advances
4. Housing in alien environments
   - a. Underground
   - b. Underwater
   - c. Outer space

F. Relating Housing to Career and Job Opportunities

1. Dual roles
   - a. Provision of attractive surroundings at home and work

PERIODS

b. Space, storage, and equipment to save time and energy
c. Arrangement of space for entertainment and leisure time activities
d. Home maintenance
e. Choice of a convenient place of residence

2. Interrelationship of employment and home life
a. Housing problems related to employment
b. Effects of employment on family housing and home furnishings
c. Effects of surroundings on job efficiency

V. Food and Nutrition.....30-40

A. Significance of Food
1. World nutrition
a. Problems
b. Development
2. Nutrition of Americans
a. Surveillance
b. Evaluation
3. Local, state, and federal nutrition programs
a. Effect on nutrition
b. Food income maintenance
c. Commodity food distribution
d. Community nutrition education

B. Nutrition Throughout Family Life Cycle
1. Beginning
2. Expanding
3. Contracting
4. Later years

C. Consumer Aspects of Food
1. Food budget
a. Menus at different cost levels
b. Effect of nonfood items
c. Effect of using convenience foods
d. Effective use of food dollar
2. New developments in food and nutrition
a. Technological
b. Research
3. Sources of consumer protection
a. Agencies
b. Legislation
c. Consumer interest groups
d. Self-protection

D. Food Management
1. Food for emergencies
a. Home
b. Community
2. Long-range food planning
a. Weekly plans
b. Monthly plans

PERIODS

c. Quantity food purchases
3. Safety and sanitation practices
a. Related to home
b. Related to industry
4. Kitchen planning
a. Work centers
b. Considerations
c. Kitchens for special needs

E. Food Preparation and Service
1. Use of convenience foods
2. Experimental food preparation
3. Creativity
4. Special occasion meal planning and service
5. Foreign cookery

F. Relating Food and Nutrition to Career and Job Opportunities
1. Dual roles
a. Maintenance of physical fitness
b. Meals to fit time and energy
c. Use of short-cuts in food preparation
d. Food budgeting
2. Interrelationship of employment and home life
a. Problems in food provision related to employment
b. Effects of employment on managing family food
c. Effects of nutrition on job efficiency

VI. Clothing and Textiles.....30-35

A. Significance of Clothing
1. Cultural aspects of clothing
a. Cultural variations
b. History
c. Status
d. Role
e. Social change
f. Values
g. Mores
h. Transmission of clothing customs
2. Interrelationship of various aspects
a. Social
b. Psychological
c. Physiological
d. Cultural
3. Economics of textile production
a. Influencing factors
b. Distribution
c. Legislation

B. Consumer Aspects
1. Consumer protection
a. Government
b. Private

PERIODS

c. Business
2. Government legislation
3. Consumer responsibilities
   a. Improving standards
   b. Increasing consumer information
4. Sources of information

C. Clothing Management
1. Wardrobe planning
   a. Requirements for college
   b. Requirements for employment
   c. Requirements for personal life
2. Clothing care experiments
3. Major clothing equipment
   a. Selection
   b. Use
   c. Care

D. Textiles
1. Factors influencing choice of fabric finish
   a. Fiber content
   b. Finish preparations
   c. Chemical modification
   d. Intended use of fabric
2. Textile experiments

E. Tailoring Principles
1. Types of tailoring
2. Tailoring equipment
3. Standards for a well-tailored garment
4. Selecting patterns and fabrics
5. Cutting
6. Construction processes
7. Fitting
8. Pressing
9. Lining, interlining and interfacing

F. Relating Clothing and Textiles to Career and Job Opportunities
1. Dual roles
   a. Recognition of social and psychological aspects of clothing
   b. Appropriate dress for various roles
   c. Management of clothing purchase and care
   d. Effect of increased clothing needs on budget
   e. Wardrobe planning
   f. Time for personal care
2. Interrelationship of employment and home life
   a. Clothing problems related to employment
   b. Effects of employment on clothing needs and care
   c. Effects of appearance on job success

PERIODS TO TOTAL 175

CHILD DEVELOPMENT SEMESTER COURSE
(11th - 12th grade)

PERIODS

I. Preparation for Parenthood.....10-15
   A. Parenthood
      1. Adjustments for new parents
      2. Role of the infant in various patterns of family living
   B. Family Planning
      1. Physical readiness
      2. Drugs
      3. Blood types
      4. Health
   C. Preparation for the Baby
      1. Emotional preparation
      2. Financial preparation
      3. Housing, clothing, and care facilities
   D. Prenatal Care
   E. Postnatal Care
   F. The Infant
      1. Prenatal development
      2. Birth of the baby
      3. Appearance and behavior of the new born child
      4. Daily care
         a. Feeding
         b. Bathing
         c. Clothing
         d. Sleep
         e. Exercise
         f. Attention
         g. Affection

II. Development of the Infant and Young Child.....30-35
   A. Principles of Development
      1. Maturation and learning
      2. Predictable patterns
      3. Individual differences
      4. Importance of early development
      5. Developmental stages
   B. Influences on Development
      1. Heredity and environment
      2. Family
      3. Peers
      4. Social institutions
      5. Mass media
   C. Physical Development
      1. Body development
         a. Body size and proportions
         b. Bones and teeth
         c. Muscles and fat
         d. Nervous system

PERIODS

e. Eyesight and hearing
2. Growth cycles
3. Motor development
a. Characteristics
b. Sequence
c. Skills

D. Intellectual Development
1. Influencing factors
2. Concept development
a. Process
b. Characteristics
c. Misconceptions
d. Common concepts of children
3. Language development
a. Pre-speech communication
b. Major tasks in speech development
c. Variations in speech development
d. Defective speech
e. Bilingualism
4. Imagination and creativity
5. Encouraging learning

E. Emotional Development
1. Role of maturation
2. Characteristics of children's emotions
3. Common emotional patterns
4. Emotional control
5. Emotional deprivation
6. Impact of race, ethnicity, and social class

F. Moral Development
1. Role of conscience
2. Guilt and shame
3. Learning morality
a. Right and wrong
b. Respect and care of properties
4. Influencing factors
5. Discipline and guidance
a. Principles
b. Discrepancies between moral concepts and behavior

G. Personality Development
1. Personality pattern
2. Individuality
3. Determinants of personality
4. Critical periods in personality development
5. Levels of adjustment

H. Social Development
1. Influencing factors
2. Socialization
3. Early social experiences
4. Influence of social groups

PERIODS

5. Influence of family
6. Developmental pattern
7. Social behavior
8. Social adjustments
9. Social expectations
10. Companions and friends
11. Group participation
12. Social acceptance
13. Social mobility
14. Leaders and followers
15. Readiness for school
16. Adjustments to school
17. Preschool day care centers

I. Family Relationships
   1. Parent-child
   2. Siblings
   3. Relatives
   4. Special situations
      a. Adopted child
      b. Step-child
      c. Child in broken family
   5. Improving family relationships

J. Play and Play Equipment
   1. Value of play
   2. Characteristics of children's play
   3. Types of play
   4. Toys and play equipment
   5. Books, music and art

K. Exceptional Child
   1. Types of exceptional children
      a. Physically exceptional
      b. Mentally exceptional
   2. Causes, effects, care
   3. Emotional adjustments for family
   4. Economic costs to family
   5. Public facilities for care and development

III. Care and Guidance of Infants and Young Children.....35-40

A. Basic Needs
   1. Physiological
   2. Safety
   3. Love
   4. Esteem
   5. Self-actualization

B. Food
   1. Nutritional needs
   2. Planning meals for children
   3. Emotional aspects
   4. Mealtime environment
   5. Feeding the infant
   6. Feeding and eating habits of the young child

PERIODS

7. Teaching with food
8. Consumer aspects

C. Clothing
   1. Physical needs
   2. Social and emotional aspects
   3. Dressing
   4. Clothing selection and care
      a. Desirable features
      b. Self-help features
      c. Children's preferences
      d. Clothing budget
      e. Care of children's clothing
   5. Wardrobe planning
      a. Infant
      b. Toddlers
      c. Preschool child
      d. Elementary child
      e. Adolescent
   6. Consumer buying

D. Housing
   1. Privacy
   2. Safety
   3. Aesthetic considerations
   4. Children's activities
   5. Play and recreation
   6. Special needs at different ages
   7. Consumer aspects

E. Health and Safety
   1. Health habits
      a. Bathing
      b. Cleanliness habits
      c. Sleep and rest
      d. Bathroom training
   2. Professional medical care
   3. Childhood illnesses
      a. Childhood diseases
      b. Other illnesses
      c. Prevention
   4. Care of sick child
   5. Accident prevention
   6. Emergencies
   7. First aid and emergency treatment

F. Guidance and Discipline
   1. Principles of guidance
   2. Principles of discipline
   3. Areas of application
   4. Respect for individual differences

G. Children with Special Needs
   1. Physically handicapped
   2. Emotionally and mentally handicapped

PERIODS

H. Management Related to Children
    1. Daily routines
        a. Infant
        b. Young child
    2. Time and energy
    3. Money

IV. Role of the Community.....5-10
    A. Health
    B. Safety
    C. Education
    D. Recreation
    E. Child Care Services
        1. Types
        2. Evaluation
        3. Laws and regulations
        4. Preparation of the child
        5. Effects on the child
        6. Observation
    F. Laws and Regulations

V. Relating Child Development to Career and Job Opportunities....2-5
    A. Job and Career Opportunities
        1. Entry level
        2. Semiprofessional and skilled
        3. Professional and technical
    B. Skills and Competencies Needed
        1. Understanding of principles of development
        2. Understanding of basic needs of children
        3. Knowledge of accident prevention and first aid
        4. Creativity
        5. Ability to appeal to children
    C. Educational Preparation
        1. For employment
        2. For advancement
        3. For creativity and/or personal satisfaction

PERIODS TO TOTAL 87

CONSUMER EDUCATION SEMESTER COURSE
(11th - 12th grade)

PERIODS

I. Allocation of Resources.....35-40
   A. Management, What It Is
      1. Definition
      2. Purposes
      3. Factors involved
   B. Values, Goals and Standards
      1. Definitions
      2. Identification
      3. Use
      4. Interrelationship
   C. Needs and Wants and Family Life Cycle
      1. Identification
      2. Establishing priorities
      3. Role of values
      4. Relationship of needs and wants to family life cycle
   D. Resources
      1. Identification
      2. Alternatives
      3. Interdependence
      4. Creation
      5. Utilization
      6. Responsible management
   E. Decision-making
      1. Processes
      2. Family communication
      3. Family interaction
      4. Influence of values and goals
   F. Management Process
      1. Factors affecting family management
         a. Social
         b. Economic
         c. Physical
         d. Psychological
         e. Stage in family life cycle
         f. Family values and goals
      2. Processes
   G. Budget or Spending Plan
      1. Role of values and goals
      2. Considering needs and wants
      3. Considering income and expenses
      4. Standard, level, and cost of living
      5. Importance of family communication
      6. Establishing priorities
      7. Role of self-discipline
      8. Planning, controlling and evaluating a spending plan

PERIODS

9. Effect on family relationships
H. Savings and Investments
1. Purposes
2. Types
3. Selecting a savings and investment plan
4. Role of self-discipline
I. Credit
1. Types and sources
2. Securing credit
a. Bases
b. Credit ratings
3. Decisions related to use
4. Cost
5. Shopping for credit
6. Credit agreements and contracts
7. Responsibilities of borrower and lender
8. Credit laws
9. Advantages and disadvantages
J. Insurance
1. Determining needs
2. Types
a. Life
b. Health
3. Selection
4. Sources of information
K. Social Security
1. Program
2. Benefits
3. Times to consult Social Security Office
L. Taxes
1. Benefits
2. Records needed
3. Forms

II. Consumer Buying.....20-30
A. Factors Influencing Consumer Purchasing
1. Resources
2. Values, standards, and goals
3. Satisfaction of human needs
4. Sellers' efforts
B. Principles of Consumer Purchasing
1. Choosing shopping facilities
a. Types
b. Services offered
c. Advantages and disadvantages
2. Guidelines for buying
a. Planning
b. Sources of information
c. Standards of quality
d. Comparative shopping
e. Buying decisions

PERIODS

C. Buying Services
   1. Services available
      a. Personal
      b. Professional
      c. Household
      d. Repair
      e. Financial
   2. Rights and responsibilities
      a. Buyer
      b. Seller
   3. Role of communication
   4. Evaluation
   5. Service and repair costs

D. Housing and Home Furnishings
   1. Factors influencing choices
      a. Resources
      b. Values, goals, and standards
      c. Family life cycle
      d. Needs and wants
      e. Special requirements
   2. Alternatives
      a. House
      b. Duplex and multiplex units
      c. Row house
      d. Apartment
      e. Condominiums and cooperatives
      f. Mobile home
      g. Sharing a house
   3. Evaluating housing to meet personal and family needs
      a. Space
      b. Zoning
      c. Circulation
      d. Storage
      e. Appearance
      f. Orientation
      g. Heating, cooling, wiring, and plumbing equipment
      h. Construction
      i. Architecture
      j. Location
      k. Exterior
      l. Interior
      m. Safety
   4. Legal and financial aspects
      a. Renting and leasing
      b. Buying
      c. Building
      d. Insuring
      e. Operating and maintaining
      f. Moving

PERIODS

E. Home Furnishings and Equipment
   1. Factors affecting choices
      a. Stage in family life cycle
      b. Size of family
      c. Age of family members
      d. Money available
      e. Occupations and interests of family members
   2. Buying furnishings and equipment
      a. Elements of design
      b. Purchase plans
      c. Buying guides
      d. Evaluating quality and price
   3. Arranging and caring for furnishings and equipment

F. Buying and Maintaining Automotive Products and Services
   1. Determining needs
   2. Alternatives
   3. Costs
   4. Insurance
   5. Budget

G. Food
   1. Significance of food
      a. Food habits and eating patterns
      b. Social values of food
      c. Psychological satisfaction
      d. Fads and fallacies
   2. Factors influencing cost
      a. Technology
      b. Food trends
   3. Meal planning
      a. Nutritional needs of family members
      b. Family values
      c. Food habits
      d. Time and energy
      e. Equipment available
      f. Availability of foods
      g. Ability of homemaker
      h. Creativity
      i. Sensory variety
      j. Daily food patterns
      k. Daily and weekly menus
   4. Factors affecting food budget
   5. Planning food purchases
      a. General considerations
      b. Shopping list
      c. Food budgeting
   6. Food buying
      a. Food state or form

PERIODS

b. Quality and grades
c. Times to shop
d. Trading stamps and premiums
e. Packaging
f. Specials
g. Advertising

H. Clothing
1. Socio-psychological aspects
2. Individual differences in values, goals and resources
3. Wardrobe planning
4. Clothing budget
5. Clothing selection for the individual
a. Personality characteristics
b. Figure characteristics
c. Personal coloring
d. Physical features
e. Fashions, fads, and styles
6. Clothing needs throughout the family life cycle
a. General considerations
b. Beginning family
c. Expanding family
d. Contracting family
e. Later years
7. Clothing buymanship
a. Fibers and fabrics
b. Fabric finishes
c. Garment construction
d. Evaluating quality
8. Care and maintenance

III. Consumer Citizenship.....5-10
A. Government Protection of the Consumer
1. Organizations
2. Services
3. Consumer responsibilities
a. Gathering information
b. Comparing goods and services
c. Using goods and services
d. Reporting injustices
B. Government Legislation
1. Consumer legislation
a. Fair packaging and labeling act
b. Truth-in-lending act
c. Fair trade laws
d. Others
2. Enforcement
C. Fraud, Deception and Quackery
1. Identification
2. Action to be taken
3. Consumer responsibility

PERIODS

D. Rights and Responsibilities
   1. Identification of rights
      a. To be informed
      b. To choose
      c. To be heard
      d. To be safe
   2. Protection of rights
   3. Identification of responsibilities
   4. Relationships between rights and responsibilities

IV. The Consumer and the Economy.....10-15
   A. The Consumer in the United States
      1. Role of the consumer
      2. Level of living
      3. Motivations
      4. Influences on consumer choices
   B. The Economic System
      1. Capitalism
         a. Role of government
         b. Role of business
         c. Role of consumer
      2. Mass production
         a. Effect on economy
         b. Effect on consumer
      3. Economic principles
   C. Sources and Functions of Money
      1. Value of money
      2. Purposes
      3. Supply and demand
      4. Circular flow of money
   D. The Market System
      1. Terms
      2. Marketing process
      3. Types of markets
   E. Banks and Banking Services
      1. Types
      2. Functions and services

V. Relating Consumer Education to Career and Job Opportunities.....2-5
   A. Job and Career Opportunities
      1. Entry level
      2. Semiprofessional and skilled
      3. Professional and technical
   B. Skills and Competencies Needed
      1. Ability to use resources creatively
      2. Ability to use managerial procedures
      3. Acceptance of citizenship responsibilities
      4. Understanding of the role of the consumer in the economy
      5. Competence as a consumer

	PERIODS
C. Educational Preparation	
1. For employment	
2. For advancement	
3. For creativity and/or personal satisfaction	
D. Interrelationship of Employment and Home Life	
1. Consumer problems related to employment	
2. Effects of employment on family finances	
3. Effects of financial management and consumer competence on job efficiency	
E. Dual Roles	
1. Evaluation of values, goals, and standards	
2. Assessment of resource use	
3. Identification of needs and wants	
4. Goal achievement	
5. Consumer competence	
6. Management of earnings	
PERIODS TO TOTAL	87

HOME AND FAMILY LIVING COURSE
(1 or 2 semester course for both boys and girls)
(11th-12th grade)

PERIODS

I. Appreciation of Self.....15-20
   A. Basic Needs
      1. Definition of a need
      2. Hierarchy of needs
         a. Survival
         b. Food, clothing, shelter
         c. Safety
         d. Freedom
         e. Love, affection
         f. Belonging
         g. Companionship
         h. Esteem
         i. Success
         j. Recognition
         k. New and varied experiences
         l. Cognitive clarity
         m. Physical and mental health
         n. Self-actualization
   B. Personality Development
      1. Definition of personality
      2. Perception of influences
         a. Physical
         b. Psychological
         c. Hereditary
         d. Environmental
   C. Character Development
      1. Definition of character
      2. Stages
         a. Freud's theories
         b. Erik Erikson's eight stages of man
         c. Havighurst and Peck's stages of character development
         d. Maslow's hierarchy of needs
   D. Self Theory
      1. Components
         a. Personal self
         b. Social self
         c. Ideal self
      2. Personal integration
   E. Maturity
      1. Definition
      2. Types
         a. Chronological
         b. Physical
         c. Intellectual
         d. Emotional
         e. Social

f. Philosophical
3. Mature responses
F. Popularity
1. Definition
2. Determinants
a. "Pecking order"
b. Principles of attraction
c. Needs of the hour
3. Prices of popularity
a. Conformity
b. Individuality
G. Values, Standards, Goals
1. Definitions
a. Values
b. Standards
c. Goals
2. Development
a. Formation
b. Stability
c. Characterization
3. Identification
4. Influence
H. Personal Philosophy of Life
II. Self In Groups.....15-25
A. Family
1. Definition
2. Constellation
a. Interaction
b. Family size
3. Functions
a. Psychological well-being of adults
b. Physical care of children
c. Socialization of children
4. Life cycle
a. Beginning
b. Expanding
c. Contracting
d. Later years
5. Role identification
a. Family roles
b. Changing roles
c. Role expectations
d. Role conflicts
6. Adult-adult relationships
7. Parent-child relationships
8. Sibling relationships
9. Values, goals, and standards
B. Community
1. Neighbors and friends
2. Institutions and services
3. Employer-employee relationships

PERIODS

C. Interpersonal Techniques
    1. Communication
    2. Group dynamics
    3. Empathy
    4. Perception
    5. Rights and privileges of self and others

III. Self in the Future.....20-30
    A. Love Relationships
        1. Stages of love
        2. Interrelationships of love
            a. Character
            b. Personality development
            c. Maturity
        3. Behavior codes and mores in dating
    B. Preparation for Successful Relationships in Marriage
        1. Factors in mate selection
            a. Concept of ideal mate
            b. Complimentary needs
            c. Social and recreational interests
            d. Social class
            e. Race
            f. Religion
            g. Parental approval
            h. Health
            i. Education
            j. Age
            k. Financial responsibilities
        2. Role of engagement
        3. Role of laws and customs
    C. Preparation for Successful Relationships as a Single Person
        1. Society's view of the single person
        2. Persons who choose not to marry
        3. Adjustments to being single
        4. Commonalities of others that compliment self

IV. Self in the Community.....20-30
    A. Interrelationship of Family and Community
        1. Successful marriages
            a. Family structures and patterns
            b. Characteristics
            c. Contributing factors
            d. Adjusting to marriage
            e. Resolving conflict
            f. Evaluating marital success
            g. Contribution to success of community
            h. Community resources
        2. Coping with family stresses and crises
            a. Definitions
            b. Types of stresses
            c. Handling family crises
            d. Family and community resources
            e. Effect on community

PERIODS

B. Family in the World Community
   1. Family in the social structure
      a. Citizenship responsibilities
      b. Ecological responsibilities
      c. Social life
      d. Leisure
      e. Community responsibilities
      f. Community services available to the family
      g. Legislation related to families
   2. Culture and the family
      a. Effects of culture on the family
      b. Family contributions to preservation of culture
   3. Impact of change
      a. Social-psychological change
      b. Technological change
      c. Ecological change
      d. Adapting to change

V. Family as Managers and Consumers.....7-25
   A. Elements of Management
      1. Values, goals and standards
         a. Definitions
         b. Identification
         c. Interrelationship
      2. Resources
         a. Types
         b. Use
      3. Needs and wants
         a. Identification
         b. Establishing priorities
         c. Relationship to values, standards, and goals
   B. Management Processes
      1. Decision-making
      2. Decision control
      3. Decision evaluation
   C. Managing the Home
      1. Using time and energy
      2. Relationship of time, energy, and money
   D. Consumer Education
      1. Income
         a. Sources
         b. Types of family income
         c. Ways of increasing
         d. Variations during family life cycle
      2. Planned spending
         a. Role of values and goals
         b. Considering needs and wants
         c. Considering income and expenses
         d. Standard, level, and cost of living
         e. Importance of family communication

PERIODS

f. Establishing priorities
g. Planning, controlling, and evaluating
h. Role of self-discipline
3. Family records
a. Types
b. Family business center
c. Safety of valuables
4. Savings
a. Purposes
b. Types
c. Selecting a savings plan
d. Role of self-discipline
5. Credit
a. Types and sources
b. Securing credit
c. Decisions related to use
d. Cost
e. Shopping for credit
f. Credit agreements and contracts
g. Credit laws
h. Advantages and disadvantages
6. Family security
a. Social security, medicare, and medicaid
b. Savings
c. Investments
d. Insurance
e. Taxes
f. Wills and estates
7. Banks and banking
a. Types of banks
b. Checking accounts
c. Savings accounts
d. Credit services
e. Other bank services
8. Consumer buying
a. Guidelines
b. Standards of quality
c. Purchase plans
d. Comparative shopping
e. Shopping ethics
f. Shopping practices
g. Impulse buying
9. Consumer citizenship
a. Consumer protection
b. Fraud, deception, and quackery
c. Rights and responsibilities
d. Sources of information

VI. Children in the Family.....5-25
A. Basic Considerations
1. Role of children in the family
2. Basic needs

PERIODS

a. Physiological
b. Safety
c. Love
d. Esteem
e. Self-actualization

B. Preparation for Parenthood
1. Role of planning
a. Size
b. Economic factors
c. Health factors
d. Drug use factors
e. Adopted children
2. Pre-natal care
3. Adjustments necessary
4. Financial considerations
5. One-parent families
6. Adopted children

C. Development of the Infant and Young Child
1. Prenatal development
2. Principles of development
a. Maturation and learning
b. Predictable patterns
c. Individual differences
d. Developmental stages
3. Influences on development
a. Heredity and environment
b. Family
c. Peers
d. Social institutions
e. Mass media
4. Play and play equipment
a. Value of play
b. Characteristics of children's play
c. Types of play
d. Toys and play equipment
e. Books, music and art

D. Care and Guidance of the Infant and Young Child
1. Health and safety
a. Health habits
b. Professional medical care
c. Childhood illnesses
d. Caring for the sick child
e. Accident prevention
f. First aid
g. Handicaps and long-term illness
2. Guidance and discipline
a. Principles of guidance and discipline
b. Areas of application
c. Respect for individual differences

PERIODS

3. Management related to children
   a. Family routines
   b. Time and energy
   c. Money
4. Community resources and child care services

VII. Housing the Family.....1-5
A. Significance of Housing
1. Influences of housing on families
   a. Physical
   b. Psychological
   c. Social
   d. Emotional
2. Factors influencing housing
   a. Human factors
   b. Environmental factors
   c. Special requirements
B. Housing Decisions
1. Types of housing
   a. House
   b. Duplex and multiplex units
   c. Row house
   d. Apartment
   e. Condominiums and cooperatives
   f. Mobile home
   g. Sharing a house
2. Alternatives
3. Housing evaluation
   a. Comprehension of work drawings
   b. Space
   c. Zoning
   d. Circulation
   e. Storage
   f. Orientation
   g. Equipment
   h. Construction
   i. Architecture
   j. Location
   k. Exterior
   l. Interior
   m. Safety
4. Financial and legal decisions
   a. Renting
   b. Buying
   c. Insuring
   d. Operating and maintaining
   e. Furnishing and equipping

VIII. Food for the Family.....1-5
A. Social and Psychological Aspects

PERIODS

1. Significance of food
2. Eating habits
3. Family relationships
4. Special occasions

B. Physical Aspects
1. Relationship to health and appearance
2. Food requirements

C. Management and Consumer Aspects
1. Menu planning
2. Budgeting
3. Meals for two
4. Eating away from home

IX. Clothing the Family.....1-5

A. Social and Psychological Aspects
1. Basic need gratification
2. Expression of self
a. Self-concept
b. First impressions
c. Group identification
d. Role
e. Personality
f. Emotions
3. Clothing values

B. Physical Aspects
1. Elements of design
2. Fashion trends

C. Management and Consumer Aspects
1. Factors influencing clothing requirements
2. Factors influencing clothing decisions
3. Assembling a workable wardrobe
4. Shopping for clothing
a. Buying practices
b. Sources
c. Labeling
d. Fit and sizing
e. Quality judgement

X. Relating Family Living to Career and Job Opportunities.....2-5

A. Job and Career Opportunities
1. Entry level
2. Semiprofessional and skilled
3. Professional and technical

B. Skills and Competencies Needed
1. Ability to relate effectively to others
2. Ability to accept responsibility
3. Ethical behavior on the job
4. Ability to use resources creatively
5. Ability to manage effectively
6. Competence as a consumer

	PERIODS
C. Educational Preparation	
1. For employment	
2. For advancement	
3. For creativity and/or personal satisfaction	
D. Interrelationship of Employment and Home Life	
1. Reasons for seeking employment	
2. Effects of employment on family life	
3. Effects of family life on employment	
E. Dual Roles	
1. Cooperation of family members	
2. Maintainence of satisfactory family relations	
3. Personal and social adjustments	
4. Evaluation of values, goals, and standards	
5. Assessment of resource use	
6. Management to achieve goals	
7. Management of earnings	
8. Selection of child care facilities	
9. Maintenance of meaningful relationships with child	
10. Home maintenance	
11. Meals to fit time and energy	
12. Appropriate dress for various roles	
13. Effect of increased clothing needs on budget	
PERIODS TO TOTAL	87 or 175

HOME FURNISHINGS SEMESTER COURSE
(11th - 12th grade)

PERIODS

I. Significance of Housing and Home Furnishings.....10-15
   A. Functions of Housing
      1. Protection
      2. Headquarters
      3. Privacy
      4. Self-expression
   B. Influences of Housing on Families
      1. Physical
         a. Health
         b. Safety
         c. Comfort
      2. Psychological
      3. Social
      4. Emotional
         a. Personal success and happiness
         b. Marital success and happiness
         c. Family success and happiness
      5. Intellectual
      6. Economical
   C. Factors Influencing Housing and Home Furnishings Decisions
      1. Human factors
         a. Values, goals, and standards
         b. Family life cycle
         c. Resources
         d. Changing family housing needs and wants
         e. Patterns of living
         f. Interests and activities
         g. Tastes and preferences
         h. Aesthetic considerations
         i. Family mobility
      2. Environmental factors
         a. Climatic
         b. Social
         c. Economic
         d. Cultural
         e. Physical
         f. Technological
         g. Political
         h. Availibility
         i. Community
      3. Special requirements
         a. Handicaps
         b. Infants and children
         c. Elderly
   D. Housing in the Future

PERIODS

1. Effect of population
2. Effect of pollution
3. Housing for alien environments
    a. Underground
    b. Underwater
    c. Outer space

II. Housing the Family.....5-20
A. Types of Housing
1. House
2. Duplex and multiplex units
3. Row house
4. Apartment
5. Condominiums and cooperatives
6. Mobile homes
7. Sharing a house
B. Making Housing Decisions
1. Values, goals, and standards
2. Needs and wants
3. Resources
4. Decision-making process
C. Evaluating Housing
1. Space
    a. Availibility
    b. Flexibility
2. Zoning
    a. Public or social zone
    b. Private or rest zone
    c. Work or service zone
    d. Buffer zone
3. Circulation
    a. Connections between zones
    b. Halls and stairs
    c. Passage through a room
    d. Passage within a room
4. Storage
    a. Availibility
    b. Flexibility
5. Appearance
6. Orientation
    a. Outlook
    b. Sun
    c. Wind
    d. Exposure
7. Equipment
    a. Heating
    b. Cooling
    c. Wiring
    d. Plumbing
8. Construction

PERIODS

a. Materials
b. Terminology
c. Costs
d. Standards for judging quality

9. Architecture
   a. Style
   b. Continuity of interior and exterior design
   c. Fads
10. Location
   a. Neighborhood
   b. Proximity
11. Exterior
   a. Home site
   b. Grounds
   c. Appearance
12. Interior
13. Safety
14. Availability of community services
15. Comprehension of work drawings
   a. Symbols
   b. Evaluation

III. Management and Consumer Aspects of Housing and Home Furnishings.....50-60

A. Legal and Financial Aspects of Housing
   1. Renting
   2. Buying
   3. Building
   4. Insuring
   5. Minimizing operating and maintenance costs
   6. Furnishings and equipment
      a. Buying
      b. Making
      c. Remodeling
      d. Repairing
   7. Moving
   8. Transfer of ownership

B. General Considerations in Housing, Home Furnishings, and Interior Design
   1. Decision-making
   2. Management
   3. Long-term planning
      a. Housing
      b. Furnishings
      c. Equipment
   4. Safety

C. Design in Home Furnishings
   1. Importance of design
   2. Kinds of design
      a. Structural
      b. Decorative

PERIODS

3. Elements of design
   a. Line
   b. Shape
   c. Space
   d. Texture
   e. Color
   f. Light
4. Principles of design
   a. Proportion
   b. Scale
   c. Rhythm
   d. Balance
   e. Emphasis
   f. Harmony

D. Household Textiles
1. Textiles
   a. Fibers
   b. Yarns
   c. Types of construction
   d. Fabric finishes
2. Non-textiles
   a. Paper
   b. Plastic
   c. Nonwovens
3. Characteristics
   a. Fading and shrinking
   b. Durability
   c. Care requirements
4. Curtains, draperies and shades
5. Slipcovers and upholstery
6. Household linens

E. Consumer Buying in Home Furnishings
1. Shopping plans
   a. Long-term
   b. Immediate
   c. Budget
2. Buying guides
3. Advertising
4. Product labeling
5. Seals and warranties
6. Evaluating quality and price
7. Comparative shopping
8. Method of payment
9. Sources of information
10. Evaluating new products and designs

F. Furniture
1. Design
2. Construction
3. Functions
4. Styles and periods

PERIODS

5. Trends
6. Care
7. Selection
8. Renovation and improvision
9. Safety

G. Floors, Walls, and Ceilings
   1. Using elements and principles of design in planning
   2. Floor coverings
      a. Types
      b. Measurements for floor coverings
      c. Quality
      d. Construction
      e. Selection
      f. Care
   3. Wall and ceiling finishes
      a. Types
      b. Quality
      c. Selection
      d. Care

H. Windows and Window Treatments
   1. Types of windows
   2. Decorative treatments
   3. Measurements for window treatments

I. Lighting
   1. Lighting needs
   2. General lighting
   3. Specific lighting

J. Accessories
   1. Types
      a. Pictures and wall hangings
      b. Lamps
      c. Miscellaneous
      d. Collections and hobbies
      e. Plants and flower arrangements
   2. Selection
      a. Using elements of design
      b. Applying principles of design
   3. Arrangement
      a. Using elements of design
      b. Applying principles of design
   4. Construction

K. Storage
   1. Principles
   2. Needs
   3. Organization plans
   4. Storage devices
   5. Location of storage
      a. Living areas

PERIODS

- b. Dining areas
- c. Sleeping, dressing, and bathing areas
- d. Utility areas
- e. Kitchen
- f. Additional storage

L. Equipment for the Home
- 1. Needs
- 2. Selection
- 3. Use
- 4. Care
- 5. Safety
- 6. Repair and improvision

M. Room Plans and Furniture Arrangement
- 1. Using elements and principles of design
- 2. Functional aspects
  - a. Activity areas
  - b. Circulation
  - c. Maintenance
  - d. Storage

N. Home Maintenance
- 1. Routine care
- 2. Occasional care
- 3. Renovation and remodeling
- 4. Home repairs
- 5. Yard care
  - a. Tools
  - b. Accessories
  - c. Procedures
- 6. Community responsibilities
- 7. Family responsibilities
- 8. Sources of information

IV. Relating Home Furnishings to Career and Job Opportunities.....2-5

A. Job and Career Opportunities
- 1. Entry level
- 2. Semiprofessional and skilled
- 3. Professional and technical

B. Skills and Competencies Needed
- 1. Understanding of families' space needs
- 2. Ability to use elements and principles of design
- 3. Knowledge of interior design
- 4. Ability to plan efficient storage and work areas
- 5. Knowledge of textiles
- 6. Ability to evaluate housing

C. Educational Preparation
- 1. For employment
- 2. For advancement
- 3. For creativity and/or personal satisfaction

PERIODS TO TOTAL 87

HOME MANAGEMENT SEMESTER COURSE
(11th - 12th grade)

PERIODS

I. Home Management.....20-25
   A. Management Applied to Personal and Family Living
      1. Meaning of management
      2. Purposes of management
   B. Elements of Management
      1. Values
         a. Classification of values
         b. Conflict in values
         c. Change in values
      2. Goal-directed behavior
         a. Goals motivated by values
         b. Goals motivated by other goals
         c. Means of achieving goals
      3. Standards
         a. Classification of standards
         b. Relationship to life-style
      4. Interrelation of values, goals, standards in management
      5. Resources
         a. Human resources compared to non-human resources
         b. Personal resources compared to family resources
         c. Community resources
      6. Factors influencing resource allocation
         a. Personal goals
         b. Achievement of family goals
         c. Socio-economic status
         e. Cultural background
         f. Stages in the family life cycle
      7. Use of resources
         a. Time
         b. Energy
      8. Needs and wants
         a. Identification
         b. Establishment of priorities
         c. Relationship to values, goals and standards
   C. Management Processes
      1. Decision-making
         a. Goal to be achieved
         b. Use of resources
         c. Alternatives
      2. Types of decisions
         a. Major and related decisions
         b. Habitual decisions
         c. Interrelatedness of decisions
      3. Decision implementing
         a. Control of resources

PERIODS

b. Evaluation according to values, goals, and standards
4. Managerial procedures
   a. Task-centered
   b. Person-centered
5. Criteria for effective management
   a. Emphasis on clarification of values
   b. Goal attainment
   c. Well-being and development of family members
   d. Constant evaluation
   e. Effective citizenship
6. Factors affecting decisions and management
   a. Cultural backgrounds
   b. Socio-economic backgrounds
   c. Resource use
   d. Awareness of alternative decisions
   e. Clarification of values, goals, standards
   f. Needs and wants
   g. Communication and interaction
   h. Adaptation to change

II. Managing Daily Living.....5-10
   A. Using Management to Achieve Personal Goals
      1. Value system
      2. Goal priority
      3. Standard flexibility
      4. Expansion and substitution of resources
      5. Alternative approaches to problems
      6. Decision-making
   B. Using Management to Achieve Family Goals
      1. Clarification of family values
      2. Priority of responsibilities in making a home
      3. Cooperation in family decision-making

III. Managing in the Home.....15-20
   A. Management Related to Housing
      1. Significance of home
         a. Physical
         b. Psychological
         c. Social
      2. Criteria for selecting a home
         a. Location, site, and environment
         b. Space requirements
         c. Arrangement, zoning, and traffic patterns
         d. Quality of design, construction, materials, and finishes
         e. Type and quality of facilities, such as storage, equipment, etc.
      3. Selection of a home
         a. Housing conditions in the community
         b. Types of housing

PERIODS

c. Influence of values
4. Arrangement of space
   a. Psychological needs of family members
   b. Sociological needs of the family
   c. Attractiveness
   d. Effective use
5. Selection of home furnishings
   a. Furniture
   b. Draperies
   c. Carpet
   d. Accessories
   e. Equipment
6. Storage
   a. Organizing existing storage
   b. Expanding storage
7. Home maintenance
   a. Advantages of a well-maintained home
   b. Duties of maintaining a home
   c. Use of resources in maintaining a home

B. Management Related to Family Food
   1. Importance of food management
   2. Identification of resources needed for food management
   3. Alternative approaches to problems of food management
   4. Expanding food resources

C. Management Related to Family Relationships
   1. Clarifying individual values
   2. Relating goals to contemporary problems
   3. Achieving family goals as a group
   4. Sharing family tasks and responsibilities
   5. Sharing leisure time with family members
   6. Communicating within the family
   7. Accepting family roles in management
   8. Managing multiple roles

D. Management Related to Child Guidance and Care
   1. Management of physical needs for maximum growth of the child
   2. Management of psychological needs for maximum development of the child
   3. Task-centered management
   4. Child-centered management

E. Managing Family Clothing
   1. Planning for family clothing needs
   2. Relating clothing to family goals and values
   3. Managing the care of clothing
   4. Selecting appropriate household textiles
   5. Caring for household textiles

F. Managing Family Health
   1. Physical health
      a. Energy

PERIODS

b. Exercise
c. Rest
d. Safety procedures

2. Mental health
a. Psychological security
b. Use of leisure time
c. Relaxation
d. Mental stress

G. Managing Transportation
1. Determining needs
2. Determining alternatives
3. Assuming responsibilities

IV. Managing as Consumers.....20-25

A. Income
1. Sources, amount, and stability
2. Types of family income
3. Factors determining
4. Variations during family life cycle

B. Family Communication and Responsibilities
1. Sharing
2. Self-discipline

C. Planned Spending--Present and Future
1. Reasons for planning
2. Role of values, standards, and goals
3. Consideration of needs and wants
4. Influence of standard, level, and cost of living
5. Identification of income and expenses
6. Establishment of priorities
7. Development of spending plan
8. Use of spending plan
9. Evaluation of spending plan

D. Family Records
1. Types
2. Family business center
3. Safety of valuables

E. Savings
1. Purposes
2. Types
3. Selecting a savings plan

F. Credit
1. Comparison of types and sources
2. Acquisition
a. Development of sound credit bases and ratings
b. Figuring credit costs
c. Comparison shopping
d. Understanding credit agreements and contracts
e. Recognition of responsibilities of borrower and lender
f. Awareness of credit laws
3. Advantages and disadvantages

PERIODS

4. Decisions related to use
   a. Manageable amount (credit capacity)
   b. Whether to use

G. Family Security
   1. Social insurance
      a. Social Security
      b. Medicare
      c. Medicaid
      d. Other benefits
   2. Savings
   3. Insurance
   4. Investments
   5. Taxes
   6. Wills and estate planning

H. Consumer Buying
   1. Consumer motivations
      a. Satisfaction of human needs
      b. Sellers' efforts
   2. Sources of information
   3. Guidelines for buying

I. Consumer Citizenship
   1. Consumer protection
   2. Fraud, deception and quackery
   3. Rights and responsibilities
   4. Sources of information

V. Relating Consumer Education to Daily Living.....10-15

A. Clothing Expenditures
   1. Allocation of resources
      a. Clothing allowance
      b. Needs and wants
      c. Expanding clothing resources
   2. Clothing buymanship
      a. Factors involved
      b. Sources of clothing
      c. Buying guides
      d. Comparative shopping
      e. Shopping practices

B. Food Expenditures
   1. Factors affecting food budget
   2. Food buying
      a. Food form
      b. Label information
      c. Shopping premiums
      d. Comparative shopping
      e. Sources of food
      f. Consumer protection

C. Transportation Expenditures
   1. Budget
   2. Costs

D. Leisure and Recreation Expenditures

PERIODS

E. Housing and Home Furnishings Expenditures
    1. Financing housing
        a. Costs
        b. Methods of financing
        c. Legal aspects
    2. Purchasing furnishings and equipment

VI. Relating Home Management to Career and Job Opportunities.....2-5
A. Job and Career Opportunities
    1. Entry level
    2. Semiprofessional and skilled
    3. Professional and technical
B. Skills and Competencies Needed
    1. Ability to use resources creatively
    2. Ability to use managerial procedures
    3. Efficient use of time and energy
    4. Competence as a consumer
C. Educational Preparation
    1. For employment
    2. For advancement
    3. For creativity and/or personal satisfaction
D. Interrelationship of Employment and Home Life
    1. Management problems related to employment
    2. Effects of employment on home management
    3. Effects of home management on job efficiency
E. Dual Roles
    1. Evaluation of values, goals, and standards
    2. Assessment of resource use
    3. Identification of needs and wants
    4. Goal achievement
    5. Managerial skills of family members
    6. Management of earnings

PERIODS TO TOTAL 87

HOME NURSING SEMESTER COURSE
(11th - 12th grade)

PERIODS

I. Personal Health.....5-10
   A. Characteristics of Healthy Person
      1. Physically fit
      2. Emotionally stable
      3. Mentally alert
   B. Promotion of Personal Health
      1. Maintaining physical fitness
      2. Maintaining good mental and emotional health
      3. Protecting self from disease
      4. Preventing accidents
      5. Knowledge of first aid
      6. Relying on professional advice
      7. Avoiding health fads
      8. Practicing good nutrition
      9. Personal hygiene and health plan
      10. Religious beliefs

II. Family Health Protection.....5-10
   A. Management for Family Health and Safety
      1. Meeting physical needs
         a. Housing
         b. Food
         c. Clothing
         d. Professional medical care
         e. Accident prevention
      2. Meeting emotional needs
         a. Release of emotional strain
         b. Provision of emotional support
      3. Meeting mental health needs
         a. Maintainance of good mental health
         b. Recognizing symptoms of mental illness
         c. Understanding origin of mental illness
      4. Financial security in relation to health
         a. Health insurance
         b. Personal savings
         c. Workmen's compensation
      5. Family health resources
         a. Professional medical personnel
         b. Community services and facilities
         c. Tax supported services
      6. Family health records
   B. Factors Influencing Family Health Decisions
      1. Family financial provisions
      2. Housing
      3. Safety and sanitation practices
      4. Family living patterns
      5. Family relationships
      6. Heredity

PERIODS

7. Community facilities
8. Health resources and information

C. Adjustments of Family to Health Problems
1. Human relationships
a. Mental health and attitudes of patient
b. Understanding of other family members
2. Responsibilities
3. Management of time, energy and money

III. Public Health.....15-20

A. Major Health Concerns
1. Malnutrition
2. Mental illness
3. Communicable diseases
4. Accidents
5. Potential radiation hazards
6. Chronic diseases
7. Drug abuse

B. Factors Contributing to World Health Problems
1. Depletion of natural resources
2. Over population
3. Disease of old age
4. Increased travel and mingling of people
5. Nuclear explosions
6. Insufficient food supply
7. Ignorance
8. Pollution

C. Public Health Organizations
1. Federal
2. State
3. Local
4. Voluntary
5. International
a. World Health Organization
b. United Nations International Children's Emergency Fund
c. International Red Cross
d. Freedom from Hungar Campaign
e. Private industries and corporations

D. Situations Affecting Community Health
1. Traffic
2. Eating establishments
3. Land utilization
4. Air, water, noise and pollution
5. Odors
6. Garbage disposal
7. Crowded living conditions
8. Pets and other animals

E. Community Health Measures
1. Zoning

PERIODS

2. Traffic regulation
3. Health and safety educational programs
4. Housing regulations
5. Recreation areas
6. Food service standards and inspection
7. Curfews
8. Clinics

F. Providing for Safe Environment
   1. Home
      a. Accident prevention
      b. Sanitation practices
      c. Control of pets
   2. Community
      a. Pollution control
      b. Prevention of ecological deterioration

G. Community Resources for Health Problems
   1. Clergy
   2. Professional help
   3. Social workers
   4. Visiting Nurses Association
   5. Homemaker's service
   6. Red Cross
   7. Baby clinics
   8. Geriatric clinics
   9. Health equipment rental
   10. Departments of health, education and welfare
   11. Nursing and convalescent centers
   12. Homemaking teacher

IV. Health of Mother and Infant.....10-15
   A. Preparation for Children in the Home
      1. Decisions regarding addition of children to family
         a. Physical and mental health of parents
         b. Emotional maturity of parents
         c. Basic values and attitudes toward children
         d. Housing considerations
         e. Financial considerations
      2. Adoption
      3. Adjustments to parenthood
         a. Psychological adjustments
         b. Consideration for interests, concerns, and relationships of family members
         c. Division of labor
         d. Financial adjustments
         e. Housing for infant
      4. Preparation for new life
         a. Biological development
         b. Interactions of roles of father and mother
         c. Preparation of other children for new baby
   B. Prenatal Care
      1. Pregnancy

PERIODS

a. Signs
b. Stages
c. Importance of medical supervision
d. Danger signs
e. Effects of smoking, drugs, and medication
f. Diseases

2. Care of mother
a. Identification of needs
b. Relationships
c. Role of food and nutrition
d. Clothing
e. Environment
f. Task management
g. Sanitation and safety practices
h. Plans for physical and mental health

3. Delivery
a. Hospital admission
b. Delivery preparation
c. Stages

C. Postnatal care
1. Mother
a. Nutrition
b. Task management
c. Exercise
d. Personal hygiene and grooming
e. Understanding emotions

2. Infant

D. Infant Care
1. Skills and supplies
a. Handling infant
b. Formula preparation and feeding
c. Dressing
d. Bathing
e. Sleep
f. Elimination

2. Development of trust
a. Meeting needs
b. Nurturant socialization

3. Infant play
a. Sensory stimulation
b. Development of motor skills

4. Role of father

V. Health Needs in Later Years.....5-10
A. Aging process
1. Physical or biological changes
2. Mental and emotional changes
3. Health practices that influence aging

B. Health Needs of the Aged
1. Nutritious food

PERIODS

a. Special health conditions
b. Physical handicaps
c. Mealtime companionship
d. Facilities for preparing and serving
e. Food budget
f. Accessibility of food

2. Suitable clothing
a. Ease in dressing
b. Ease of care
c. Warmth
d. Attractiveness
e. Pockets
f. Fit

3. Frequent physical check-ups
a. Avoidance of complication from illness or accident
b. Preventive measures
c. Peace of mind
d. Detection of irregularities

4. Prevention of accidents
5. Respect and understanding
6. Reassurance of being loved and needed

VI. Home Care of the Sick 20-25
A. Communicable Diseases
1. Causes
2. Symptoms
3. Transmission
4. Prevention
5. Care of patient with communicable disease

B. Care of Sick and Convalescent Patients
1. Diet, food preparation and service
2. Sanitation and safety practices
a. Disposal of waste
b. Washing hands
c. Protective clothing
d. Preventing transmission of infection
3. Environmental controls
4. Patient's daily record
5. Relationships
6. Clothing and grooming
7. Family attitudes and concerns
8. Special diets

C. Patient with Long-term Illness
1. Occurance of illness
2. Understanding the sick
3. The sickroom
4. Planning the patient's care
5. Preventing physical deformities
6. Elimination

PERIODS

7. Caring for incontinent patient
8. Preventing and caring for bed sores

D. Planning Surroundings for Patient
   1. Preparation of sick room
      a. Ventilation, heat, and light
      b. Location
      c. Quiet
      d. Efficient use of color and design
      e. Furniture and accessories
   2. Improvision of equipment in sick room and emergency shelter
   3. Arrangement of furniture
      a. Storage
      b. Ease of use

E. Visiting the Sick

F. Patient Care Skills
   1. Recognizing symptoms of illness
      a. Symptoms of physical illness
      b. Symptoms of mental illness
      c. Reporting symptoms to doctor
   2. Sanitation practices
      a. Handwashing
      b. Use of apron
      c. Use of bed pan, urinal, and commode
      d. Changing bed linen
      e. Care of dishes and utensils
   3. Feeding the patient
      a. Meal management
      b. Preparing special diets
      c. Preparing trays
   4. Patient comfort
      a. Planning diversions
      b. Meeting cleanliness and grooming needs
      c. Giving bed bath or tub bath
      d. Giving massages
      e. Providing support for lying or sitting in bed
      f. Helping patient move in and out of bed
      g. Walking the patient
      h. Use of crutches
      i. The paralyzed patient
      j. Relieving pressure
   5. Administering medications
      a. General considerations
      b. Oral medications
      c. Points to remember
      d. Other medications
   6. Treatments
      a. Taking temperature, pulse and respiration
      b. Throat inspection

PERIODS

c. Changing bandages
d. Heat and cold treatments

VII. Emergencies.....10-15
A. Home Emergencies and First Aid
1. Value of first aid training
2. Emergency first aid supplies
3. General procedure at an accident
4. Shock
a. Definition
b. Types
c. Treatment
5. Bleeding
a. Types of wounds
b. Internal bleeding
c. Nosebleed
6. Burns
7. Emergencies related to temperature
a. Heat stroke
b. Heat exhaustion
c. Heat cramps
d. Frostbite
8. Foreign bodies
a. In the eye
b. In the ear
c. In the nose
d. In the throat or air passage
e. In the food passage
9. Poisoning
a. Insect bites and stings
b. Food poisoning
c. Poisoning by mouth
d. Poison control centers
10. Additional emergency situations
a. Simple fainting
b. Convulsions
c. Heart attack
d. Appendicitis
e. Croup
f. Snake and animal bites
g. Drowning
B. Disaster-Caused Emergencies
1. Types of disasters
2. Preparation for disaster
3. Disaster injuries and illnesses
4. Care of disaster patients

VIII. Relating Home Nursing to Career and Job Opportunities.....2-5
A. Job and Career Opportunities
1. Dietitian
2. Nurse
3. Medical clerk

	PERIODS
4. Pharmacologist	
5. Dental hygienist	
6. Laboratory technician	
7. Companion to child, handicapped, or elderly	
B. Skills and Competencies Needed	
1. Understanding of health needs	
2. Ability to relate effectively to others	
3. Knowledge of accident prevention and first aid	
4. Knowledge of prevention and treatment of diseases	
5. Skill in patient care	
6. Calmness in emergency situations	
7. Knowledge of health needs of mothers, infants and elderly	
C. Educational Preparation	
1. For employment	
2. For advancement	
3. For creativity and/or personal satisfaction	
PERIODS TO TOTAL	87